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DON JON STAR SCARLETT JOHANSSON TURNS YOU DOWN WHILE TALKING CELEBRITY, THE STRANGENESS OF CELEBRITY AND INTERNET CELEBRITY PAGE 23

Kessel done for pre-season

Leafs winger suspended for 3 games after dust-up with Sabres but he'll be back in time for regular-season opener PAGE 39

'Condo Office' pitched to settle disputes

Recommended body would also educate residents and license building managers PAGE 4

Google as nation builder

New database boasts everything you wanted to know about constitutions but were too afraid to ask PAGE 20

Residents prefer longer subway

Scarborough. Poll finds people favour council's plan over cheaper provincial proposal

A new Forum Research poll suggests that Mayor Rob Ford may have the upper hand — or at least popular support — when he sits down to talk about Scarborough subway routes with Premier Kathleen Wynne, probably next week.

The poll found Toronto residents were evenly split in their approval and disapproval of the province's two-stop subway route to the Scarborough City Centre.

But when presented with the option of the longer, council-approved route to Sheppard Avenue, respondents clearly preferred that plan. Half supported the three-stop, underground subway to Sheppard, and only 27 per cent preferred the less costly provincial plan, which calls for mostly above-ground travel on the old dedicated SRT route.

Even the seven-stop LRT that council rejected in favour of a subway garnered more support than the provincial plan: 52 per cent compared with 19 per cent.

Respondents probably recognize that having an LRT would mean a shorter walk to reach the line, Forum president Lorne Bozinoff told the Torstar News Service.

The poll showed the provincial plan "was deeply unpopular, even when compared to the much-maligned LRT," he said in a news release.

On Tuesday, Ford said he supports the plan council endorsed in July so that the subway can loop into transit on Sheppard, where Metrolinx plans to build an LRT. The mayor wants a subway there, but he said, "That's an argument for another day."

"Obviously I want to do what council approved and take it from there. Again, I've got to talk to the premier, so I don't want to paint anyone into a corner, and I'll let you know after I talk to the premier what we've decided," said the mayor.

Forum's interactive phone poll is considered accurate within three per cent 19 times out of 20. It was conducted on Friday and Saturday, prior to Monday's announcement that Ottawa would contribute $660 million to the Scarborough subway. TORSTAR NEWS SERVICE

Quoted

"Now it's up to the city to decide what it is going to do, but our $1.4 billion stays on the table. We will build a subway in Scarborough."

Premier Kathleen Wynne

BOW DOWN: IT'S BOWIE

Various costumes worn by David Bowie stand on display at the Art Gallery of Ontario on Tuesday. The record-breaking exhibition "David Bowie is" will make its North American debut on Thursday and run until Nov. 27. Spanning five decades and featuring more than 300 objects from Bowie's personal archive, the multimedia show exposes the groundbreaking artist's collaborations in the fields of fashion, sound, theatre, art and film. LIZ BEDDALL/METRO

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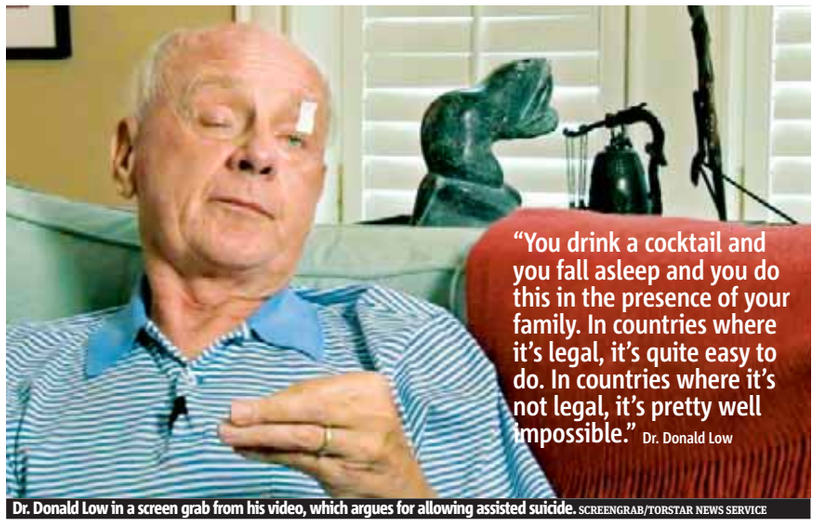
SARS doctor pleads for legalized assisted suicide

Posthumous video.
Dr. Donald Low's plea is part of upcoming series presenting patient views on palliative end-of-life care

Canada's stance

The Canadian Medical Association, which represents 78,000 of the country's doctors, prohibits physicians from participating in assisted suicide.


"You drink a cocktail and you fall asleep and you do this in the presence of your family. In countries where it's legal, it's quite easy to do. In countries where it's not legal, it's pretty well impossible." Dr. Donald Low
Dr. Donald Low in a screen grab from his video, which argues for allowing assisted suicide. SCREENGRAB/TORSTAR NEWS SERVICE

Dr. Donald Low, the infectious disease specialist who shepherded Toronto through the 2003 SARS crisis, made a videotaped appeal prior to his death for Canada to legalize assisted suicide and let people die with dignity.

The emotional video was shot eight days before Low's death from a brain tumour last week at age 68.

In the YouTube video produced by the Canadian Partnership Against Cancer and posted Tuesday, Low says he is not in pain but his vision, hearing and strength are waning and he worries what will happen before the end.

Low says he would like the option of choosing when he will die, before the disease renders him incapable of walking, swallowing food or using the bathroom without his family's assistance.

"What the end is going to look like, that's what's bothering me the most," he says in a weakened voice, one eye closed, the other held open by a small bandage.

Low says he's envious of people living in some U.S. states and countries such as Switzerland and the Netherlands, where assisted dying is legal.

"In Canada, it's illegal and it will be a long time before we mature to a level where we accept dying with dignity," he says, pointing out that there are people who oppose assisted dying, among them "a lot of clinicians."

Those who oppose legalizing assisted suicide argue against it on several grounds: from a religious belief that only God can take a life; that society has a responsibility to preserve life; that assisted dying is a slippery slope toward euthanasia without consent of people with mental illness, physical handicaps or the elderly; and that it violates the doctors' Hippocratic oath to "first, do no harm."

But in his video, Low pleads with those against assisted suicide to rethink their stance.

"I wish they could live in my body for 24 hours and I think they would change that opinion," he says. "I'm just frustrated not to be able to have control of my own life. Not being able to have the decision for myself when enough is enough."

THE CANADIAN PRESS

The tunnel near the Sheppard West station for Spadina subway extension. KEITH BEATY/TORSTAR NEWS SERVICE

'Transit is not treated fairly'

Current restrictions that curb the use of development charges to fund transit should be lifted, says Ontario's environmental commissioner Gord Miller.

Miller said his annual report on energy conservation focuses on municipal issues and policies, because "there wasn't lot of provincial activity in the reporting period to talk about."

He said the province can help municipalities to encourage energy conservation by changing some rules.

Development charges collected by towns and cities are only permitted to fund 90 per cent of the capital cost of new transit services, Miller noted. The charges can be used to fund 100 per cent of the cost of other municipal services, including roads.

"Transit is not treated fairly," Miller said, and the 90 per cent limit should be erased.

Development charges are fees levied by towns and cities in recognition of the fact that new housing and commercial development increases the strain on municipal services, including transit.

Miller noted that development charges can only be used to pay for maintaining existing transit service levels.

That discriminates against growing municipalities, who have had limited transit service in the past but want to increase it, he said. TORSTAR NEWS SERVICE

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Condo act review makes key recommendations

'Condo Office.' Report suggests need for an arms-length agency in settling disputes

JESSICA SMITH
jessica.smith@metronews.ca

Experts reviewing Ontario's 15-year-old Condominium Act are recommending the creation of a "Condo Office" that would be a resource, and in some cases judge and jury, for the residents of 600,000 condo units in the province.

The Ministry of Consumer Services has been reviewing the act and consulting with condo owners and experts for more than a year.

In the second stage of the review, a panel with experience in the condo industry helped create a report released Tuesday with suggestions on how the act could be updated.

A central recommendation is creating a "Condo Office" responsible for education and awareness, dispute settlement, licensing condo managers and maintaining a condo registry.

"The Condo Office would operate at arm's-length from government, but with authority delegated by government. It would be funded by a combination of user fees and a modest levy (estimated at $1 to $3 a month) on each condo unit in the province," the report says.

The report does not indicate whether it should be at arm's-length from any groups or companies with interests in the condo industry.

According to the report, the Condo Office would resolve many condo-related disputes. It would have a "Quick Decision Maker" who would be empowered to resolve disagreements by making summary decisions on issues of records, charge-backs, proxies, requisitions and owners' entitlement to vote.

However, the report noted that condo owners who participated in the review questioned the ability of such a person to adjudicate disputes on board elections, which can often become quite contentious.

A "dispute resolution office" would be available to attempt to broker agreements on more complex issues and provide guidance in other condo-related disputes.

The report also includes a number of recommendations aimed at educating condo owners and board members, including that first-time board members receive mandatory training and condo owners be offered an introductory online course about the basics of condo corporations' finances.

Quoted

"It's not supposed to be controlled by the condo industry, but my fear is they may control it."

Anne-Marie Ambert, condo panel expert, on creating a "Condo Office"

An aerial view of condos along the Lake Ontario shoreline in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

In the same vein, the report recommends owners have better access to records and that boards produce a reserve fund budget, on top of the operating budget already required, that sets out the reserve fund's planned expenditures for each fiscal year and include it in the corporation's annual general meeting package.

The report addresses fraud as a "major concern" for condo owners, but acknowledges that the review has limited power to prevent it from occurring.

Anne-Marie Ambert, a retired York University sociology professor who runs condo-information.ca, represented owners on the expert panel. She said the report contains "generally good news" and creating a condo office will be a positive development. However, she noted that it should remain independent from the condo industry.

"It's not supposed to be controlled by the condo industry, but my fear is they may control it," she said.

She had argued for a cap on the fund boards can accumulate, to curb excessive spending by boards and prevent fraud, but the majority of the experts disagreed.

Ambert said more could be done, including clarifying whether condo lawyers should represent the interests of the board or residents, and increasing the transparency of the bid process by releasing names of the contractors who bid on projects.

Minister of Consumer Services Tracy MacCharles said she will be reviewing the report, which will be available for review and public comment for the next 45 days, before proceeding with legislative changes to the Condominium Act.

Feedback

Metro readers quick to respond

Earlier this month, Metro published a feature on condo fraud, investigating some of the same concerns the report has outlined.

Since then, condo owners from across the province responded by emailing us about their condo issues — including their suspicions of embezzlement, bid-rigging and kickbacks, as well as problems with new developments.

They've written about relatively small problems, including a bicycle owner told to purchase a $500-$750 bike stand for their parking space and a senior citizen who has spent more on legal fees fighting a lien — several times over — than the $169.50 fee that prompted it.

Some wrote of large financial concerns.

In many cases, they talked about organizing with other owners to elect a new board or call for special meetings to investigate serious financial concerns relating to their condos.

One owner said he was considering calling in the police. A number wrote about ongoing lawsuits.

Other letter writers complained about the quality of their new buildings and the property management companies that have taken on their buildings after completion.

JESSICA SMITH/METRO

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Daycare. Inquests reveal decades of inaction

Four Ontario inquests into child deaths in unregulated home daycares over a span of almost 30 years have been unanimous in their call for more provincial oversight.

In the wake of two more troubling deaths this past summer in unregulated settings, child-care advocates say now is the time for action.

"In all of these cases, people recognized the lack of oversight as a significant problem," said Andrea Calver of the Ontario Coalition for Better Child Care.

In addition to recommending mandatory fire prevention and insurance in unregulated home daycares, the 1986 inquest called for more licensed options and federal tax breaks to make child care more affordable. Two other inquests — in 1999 and 2010 — urged more oversight and a review of the Day Nurseries Act. The province's child care legislation is under review.

But Calver said the province need look no further than the system already in place for regulated homes under the Act.

TORSTAR NEWS SERVICE

Order of Canada

Uh, give it back: Garth Drabinsky

The fate of Garth Drabinsky's membership in the Order of Canada now lies in the hands of a federal court judge.

Drabinsky earned Canada's highest honour in 1995 for being a risk-taking entrepreneur who revolutionized the Canadian theatre industry. He was stripped of the medal and pin last November while serving a five-year sentence for two fraud convictions. In federal court Tuesday, Drabinsky's lawyer John Koch argued that the decision made by the Governor General on recommendation from an advisory council was unlawful. But the lawyer representing the advisory council said there is nothing the courts can do now.

TORSTAR NEWS SERVICE/WITH FILES FROM THE CANADIAN PRESS

Protesters fight plan to expand police Taser use

A protester outside city hall holds a sign rejecting expanded use of Tasers ahead of a Toronto Police Services Board meeting on Tuesday.

JENNIFER PAGLIARO/TORSTAR NEWS SERVICE

'Disarm the police'.

Meeting spurs airing of public grievances on use-of-force tactics in wake of Sammy Yatim's death

Dozens of people packed council chambers at city hall Tuesday night to fight the expanded police use of Tasers on Toronto streets.

At a special meeting of the Toronto Police Services Board mental health sub-committee at city hall to discuss the wider deployment of Tasers, there was an airing of public grievances on use-of-force tactics that have re-surfaced since 18-year-old Sammy Yatim was shot and killed on an empty Dundas streetcar.

"What is needed is a total shift in culture, the disarming of the police," said Syed Hussan, one of six alleged G20 protest ringleaders. Hussan earlier led a rally outside city hall with at least a dozen people carrying a large red banner that read, "Disarm the police."

The public consultation was called after the province's announcement this summer that all frontline officers would be permitted to use Tasers. Previously, only tactical units and frontline supervisors could carry Tasers in Ontario.

Tuesday's speakers referenced the recent cases of Yatim and 80-year-old Mississauga woman Iole Pasquale, who broke her hip after being Tasered near her home, to make the case against broader Taser use. TORSTAR NEWS SERVICE

Quoted

"There seems to be a gap between what is learned at the police college and how this plays out on the street."

Jennifer Chambers, Empowerment Council

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Cook challenges our perceptions of food

TEDxToronto. Joel MacCharles to speak at Thursday event

PHOEBE HO
toronto@metronews.ca

While some like to collect stamps, posters or various memorabilia, Toronto resident Joel MacCharles collects more practical items.

Whether it's jams, fermented pickles and krauts, dehydrated ingredients or cured meats, one can find almost anything in the nearly 700 jars of preserved food MacCharles has tucked away in his home.

It's a passion the home cook will be sharing along with 11 other speakers on Thursday at TEDxToronto — a program of local, self-organized events devoted to the spirit of ideas worth spreading.

MacCharles got hooked on canning and preserving food nearly five years ago when he started the website WellPreserved.ca with his other half, Dana Harrison, to use it as a marketing vehicle for her food-packaging design business.

He ended up posting for 1,500 days non-stop, writing about anything food-related, everything from home cooking, winter gardening and hunting, while learning much more in the process.

Harrison has since stopped designing food packaging because of their new relationship with food, says MacCharles. It's just one of a string of changes the website has brought on.

"It's changed our careers, it's changed everything we do simply by really examining what's on our plates," he says.

MacCharles can't wait to share their new outlook on food in a 12-minute speech at TEDxToronto in hopes of trying to "change the world through preserving food, cooking from scratch, supporting small farms (and) sustainability."

"TED ultimately is about technology, entertainment and design, and I think that's amazing, but I think often we get caught in a trap where we get excited about technology always being new technology or high technology," he says. "I have a passion for old, proven working technology that can change lives."

Participants in a 2012 TEDx event in Toronto check out an art installation. CONTRIBUTED

Having since transformed his diet, which consisted predominantly of processed foods, to the way it is now — with only one per cent of his food coming from grocery stores, his meat either hunted or small-farmed, and the rest either home-grown or purchased from farmers' markets — MacCharles says his own journey with food has forced him to take a hard look at his community.

"I'm hoping to try to challenge some of our accepted paradigms on our relationships with food," he says. "If I can have people look at their plate a little differently, and whatever conclusion they draw from that I'd be pretty excited with that outcome."

WellPreserved.ca's Joel MacCharles CONTRIBUTED

TEDx speakers

In addition to Joel MacCharles, 11 other speakers will be sharing their expertise on a variety of topics, focusing on "The Choices We Make," including:

- **Mark Bowden,** an expert in human behaviour and body language, and creator of TRUTHPLANE, a communication training company.
- **Dr. Steve Mann,** a professor at U of T and the inventor of the EyeBorg camera, which was named one of the 50 Best Inventions of the Year by TIME.
- **Steph Guthrie,** a feminist advocate and community manager whose work tackles the intersections of gender, culture and tech.
- **Mark Henick,** a mental health advocate and member of the board of directors for the Mental Health Commission of Canada.

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Teacher takes wrong turn, runs marathon

Meredith Fitzmaurice
COURTESY MEREDITH FITZMAURICE

I'll just run with it. 34-year-old teacher starts the half-race, ends up the first woman to complete the full race

LUKE SIMCOE
Metro Online

Meredith Fitzmaurice celebrated her win at Sunday's Run for Heroes Marathon in Amherstburg, Ont., despite not having entered the race.

The runner from Belle River, Ont., had signed up for the 21.1-kilometre half marathon, but after a wrong turn landed her on the full marathon course, she just kept going.

"As I was looking at my watch, I was thinking something's wrong. Where's the finish line?" she said.

After realizing her mistake, the 34-year-old teacher checked with a race official to see if she would be eligible to finish.

"The guy was awesome," she said. "And once he said I was good to go, my adrenaline just kicked in."

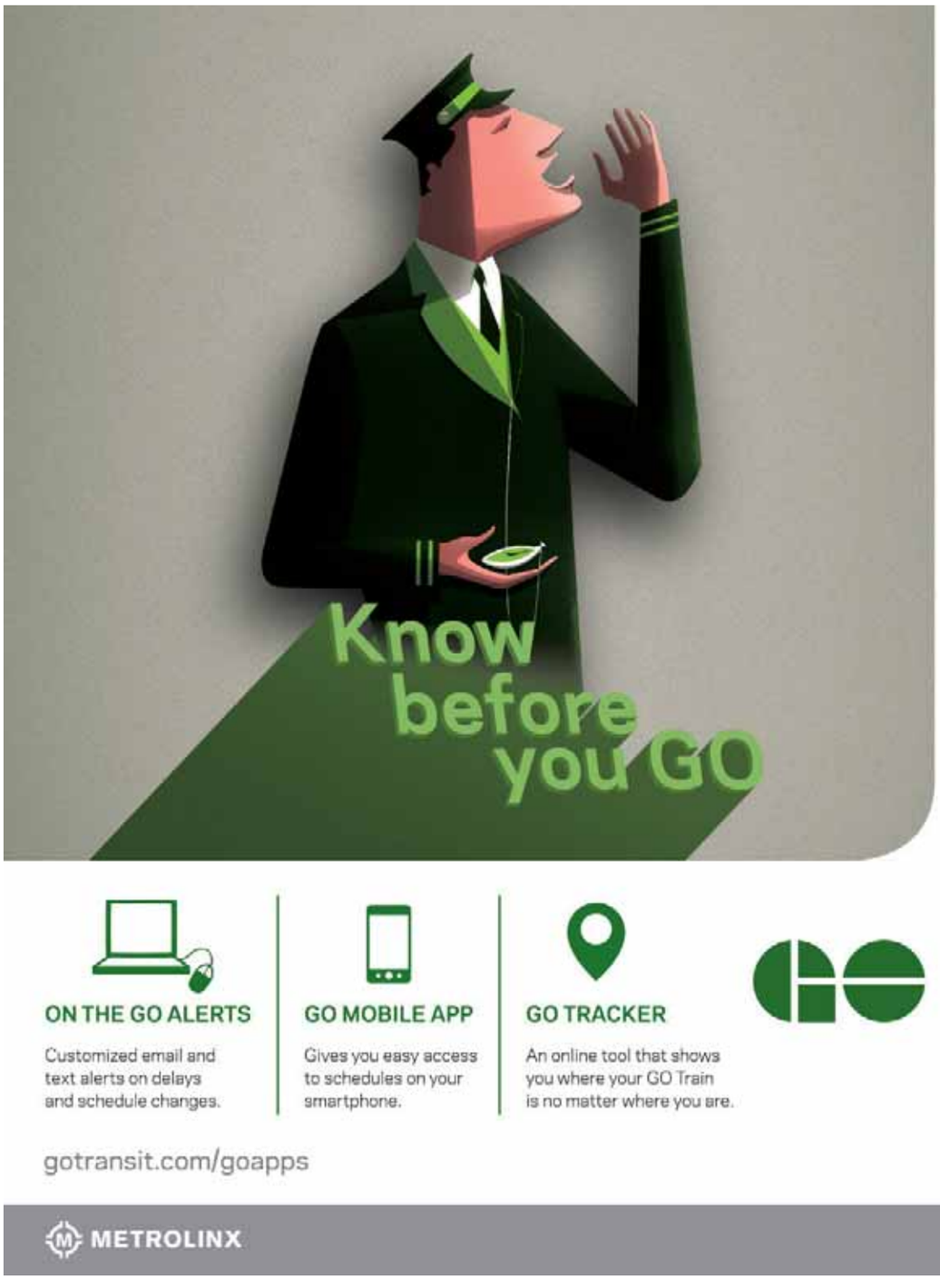
In the end, Fitzmaurice finished her very first marathon with a time of 3:11:48. She was the first woman to cross the finish line and 10th overall.

"I didn't even realize I was the first female until people started yelling at me and high-fiving me," she said. "Once I crossed the finish line and realized the magnitude of what I had done, I started crying."

Just do it

"And once he said I was good to go, my adrenaline just kicked in."

Meredith Fitzmaurice, after accidentally winning her first marathon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METROLINX

'Hollow Flashlight.' 15-year-old Canadian wins Google science fair

A 15-year-old Victoria student who invented a flashlight powered by body heat is one of the big winners at Google's annual international science fair.

Ann Makosinski won in the 15-16 age category, beating out thousands of other budding young scientists from around the world.

The "Hollow Flashlight" runs off the heat of the hand holding it, using special tiles that generate electricity from the heat flow between the palm on one side and the ambient air on the other.

The Grade 10 student at St. Michael's University in Victoria says she will explore more ways to use the technology to reduce battery use, including possibly in medical devices.

Makosinski received a $25,000 scholarship with four other winners at a gala ceremony in California on Monday night. THE CANADIAN PRESS

Edmonton

Police suspect teens overdosed on synthetic marijuana

Two Edmonton-area teenagers are in hospital after overdosing on what is believed to be a designer drug that federal health authorities have warned can potentially kill.

RCMP say they got word Monday afternoon about a 14-year-old boy in St. Albert having seizures in a back alley.

A 16-year-old boy was later reported to be in medical distress at a school parking lot in the city.

The younger teen remains unconscious while the older boy is awake and in stable condition.

Police think the pair used synthetic marijuana, known as K2 or Spice, which Health Canada said in July could trigger a range of traumatic effects that may lead to death.

CHED/THE CANADIAN PRESS

This little Piggy went to the Smithsonian. Kermit's girlfriend joins him in D.C.

Miss Piggy is finally joining her love, Kermit the Frog, in the Smithsonian Institution's collection of Jim Henson's Muppets, and Bert and Ernie will have a place in history, too.

The newest donation from the Henson family includes Miss Piggy, Fozzie Bear, Scooter and the Swedish Chef from The Muppet Show. Muppets from Sesame Street joining the collection include Bert and Ernie, Elmo, Cookie Monster, Grover and Count Von Count.

Miss Piggy is dressed up during a ceremony in Washington Tuesday.
JACQUELYN MARTIN/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

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Woman rows solo across the Pacific

Change of course. Initial route from Japan to Canada changed to Alaska due to punishing weather

A 28-year-old British adventurer became the first woman to row solo from Japan to Alaska, arriving late Monday at a small town in the Aleutian Islands after 150 days at sea.

Sarah Outen greeted community members and supporters in Adak, Alaska, her first human contact in nearly five months. She left Choshi, Japan, on April 27 and was at sea for 6,034 kilometres. It is part of her plan for a global trek by an ocean rowing shell, kayak and bike.

On the row, she battled dangerous seas, and her boat, Happy Socks, capsized five times. In the last few days, she almost hit a cargo ship after her radar failed.

Along the way, she also got engaged to her longtime girlfriend back home during a satellite phone call from the middle of the ocean.

Next spring, she plans to return to Adak with a teammate, Justin Curgenven, to continue the kayak trip to mainland Alaska. She will then bike across Canada and North America before attempting a solo row across the Atlantic Ocean to the U.K.

Outen's first attempt at the crossing ended in 2012 when she and another ocean rower had to be rescued near Japan after their boats were badly damaged in a tropical storm. THE ASSOCIATED PRESS

British adventurer Sarah Outen with her boat. FLICKR: SCREEN GRAB SARAH OUTEN

Greenpeace protest

Russia to lay piracy charges against Arctic activists

Russian investigators said Tuesday they will file piracy charges against Greenpeace activists who tried to climb onto an offshore drilling platform in the Arctic owned by state-controlled gas company Gazprom.

The activists — from 18 countries including Canada — are on a Greenpeace ship, the Arctic Sunrise, that was seized last week by the Russian Coast Guard and towed Tuesday into a port near Murmansk.

Piracy charges carry a potential prison sentence of up to 15 years and a fine of 500,000 rubles (about $16,200).

Greenpeace said two Canadians — Paul Ruzycki of Port Colborne, Ont., and an unidentified person from Montreal — were among the activists on the vessel when it was seized.

The Greenpeace protest was aimed at calling attention to the environmental risks of drilling for oil in Arctic waters.
THE ASSOCIATED PRESS

Potty protest in N.Y.C.

Supporters of the international organization WaterAid rally in New York City Tuesday to pressure world leaders meeting at the United Nations to increase global access to sanitation and safe drinking water. According to WaterAid, one in 10 people lack access to water and one in three do not have a toilet. WATERAID-ED RIEKER/THE ASSOCIATED PRESS

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Panic in streets. People pray for their lives as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote southwest area.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and nearby Khuzdar.

Local officials said they were sending doctors, food and 1,000 tents for people who had nowhere to sleep.

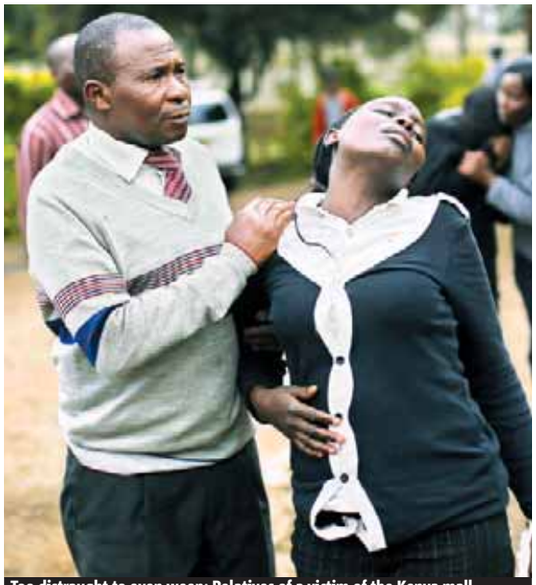
THE ASSOCIATED PRESS

Birth of an island?

Witnesses reported seeing a small island appear off the port of Gwadar after the quake. The island was said to be about nine metres high and 100 metres long.

Breaking the news: A woman takes to her cellphone after rushing from her apartment after the quake hit. SHAKIL ADIL/THE ASSOCIATED PRESS

Cold-blooded mall killers unleash callous tweets



Too distraught to even weep: Relatives of a victim of the Kenya mall massacre comfort one another after they identify his body at the Nairobi city morgue on Tuesday. JEROME DELAY/THE ASSOCIATED PRESS

Kenya atrocity. As bodies pile up and a nation reels in shock, invaders take to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut the account down five times. But each time the terror organization al-Shabab started a new feed.

The sixth account was a post Tuesday linking to a photo that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

The attack began on Saturday when an estimated 12 to 15 al-Shabab militants invaded the mall.

They wielded grenades and fired on civilians inside the complex, which includes shops for Nike, Adidas and Bose and is popular with foreigners and wealthy Kenyans.

Kenya's President Uhuru Kenyatta said the dead included 61 civilians whose bodies have been recovered so far and six security forces.

Some 175 people were injured, the president said.

THE ASSOCIATED PRESS

Quoted

"Those cowards will meet justice, as will their accomplices and patrons, wherever they are."

Kenya President Uhuru Kenyatta, in a televised address to the nation.

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Disgraced Chinese politician appeals guilty verdict

Bo Xilai. Former Politburo member faces life in prison after being found guilty of bribery, embezzlement and abuse of power

Fallen politician Bo Xilai, centre, is held by police as he stands at the court in Jinan, China, on Sunday. JINAN INTERMEDIATE PEOPLE'S COURT/THE ASSOCIATED PRESS

Disgraced Chinese politician Bo Xilai has appealed his guilty verdict, a person close to the case said Tuesday, in a rare move that is consistent with his defiant stance but unlikely to change the outcome.

The person with direct knowledge of the case, but who did not wish to be identified, said the former Politburo member made the appeal orally upon the delivery of the verdict issued by the Jinan Intermediate People's Court in eastern China on Sunday.

The court announced that it found Bo guilty of embezzlement, bribery and abuse of power and sentenced him to life in prison. A copy of the verdict was later delivered to Bo, when he informed the court of his decision to appeal, the source said. THE ASSOCIATED PRESS

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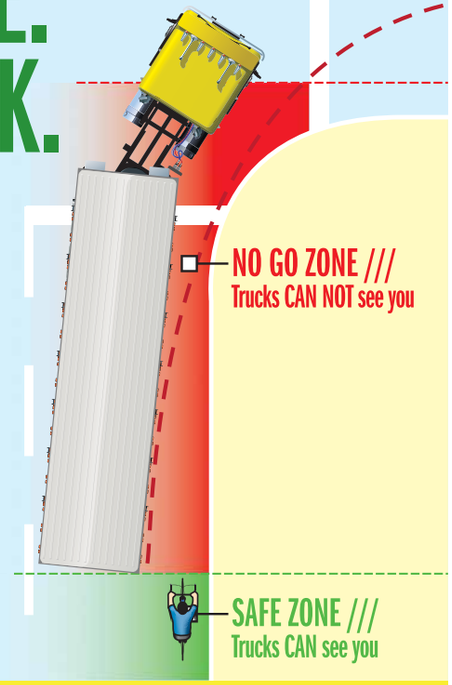

For more information and tips to stay safe, visit staysafestayback.ca

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Brazil

World Cup soccer stadium could be used for prisoners

A World Cup stadium being built in the Brazil may not become a white elephant after all. At least one judge has come up with a post-World Cup use: a prisoner processing centre.

Brazil is readying 12 stadiums for next year's World Cup, and several will be little used after the tournament. THE ASSOCIATED PRESS

Czech Republic

$4.5M in fake penis pills seized

Officials in the Czech Republic say they have seized almost 200,000 fake erectile-dysfunction pills at Prague's Vaclav Havel airport. In a statement Tuesday, the administration said it was a record seizure and that the value of the 194,300 Cialis and Viagra pills would have been $4.5 million US.
THE ASSOCIATED PRESS

Bronze Fonz approves

British artist David Shrigley's 10-metre bronze thumb sculpture, which is one of six proposals for the fourth plinth in Trafalgar Square, is exhibited Tuesday in St Martin-in-the-Fields Church in London. Six works of art were unveiled in miniature on Tuesday, two of which will eventually be chosen for display on Trafalgar square's empty "fourth plinth," one of the city's major platforms for public art. SEAN DEMPSEY/THE ASSOCIATED PRESS

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Special visas. Brazil lays out the welcome mat for Syrian refugees

Syrians who want to leave their conflict-wracked nation and travel to Brazil will be granted special visas to travel to Latin America's biggest country, the government said Tuesday.

The government's official gazette announced that the National Committee for Refugees authorized the foreign ministry to issue the visas for "humanitarian reasons."

This will allow Syrians affected by the conflict and the "deterioration of living conditions" to enter Brazil.

Brazil decided to make it easier for Syrians to enter the country given the "major humanitarian crisis" afflicting the country, the "large number of refugees created by the conflict" and the "large number of Syrians seeking refuge in Brazil." THE ASSOCIATED PRESS

Their new life

Brazil has a Syrian immigrant community estimated at about three million.

Syria drama

Spanish media man kidnapped

Spain's interior minister says a correspondent from the Spanish newspaper El Periodico has been kidnapped in Syria by an entity linked to al-Qaida.

Jorge Fernandez Diaz said Tuesday his ministry was working for the release of Marc Marginedas, 46, who has not been seen since Sept. 4 when the car he and his driver were in was stopped by armed jihadists near Hama.

Marginedas entered Syria from Turkey on Sept. 1. THE ASSOCIATED PRESS

Stop sending weapons to Syria, world leaders told

UN chief's blunt warning. Syrian crisis is the 'biggest challenge to peace and security in the world'

Can you spot the likeness? Demonstrators dressed as new Iranian president Hasan Rouhani and U.S. President Barack Obama meet the media Tuesday as the UN General Assembly debates. The demonstrators called on the two leaders to negotiate a ceasefire and end the bloodshed in the Syrian crisis JONATHAN FICKIES/THE ASSOCIATED PRESS

United Nations Secretary-General Ban Ki-moon sent an impassioned, urgent message to world leaders on Tuesday.

Stop fuelling the bloodshed in Syria with weapons, he said, and get both sides to the negotiating table to end the "biggest challenge to peace and security in the world."

In his state-of-the-world address to open the annual gathering of presidents, prime ministers and monarchs at the UN General Assembly, Ban said the international response to last month's "heinous use of chemical weapons" in Syria "has created diplomatic momentum — the first signs of unity in far too long."

Ban called on the Security Council to adopt an "enforceable" resolution on a U.S.-Russian agreement to put Syria's chemical weapons under international control for destruction.

He also called for help to bring to justice the perpetrators of the Aug. 21 chemical weapons attack outside Damascus "either through referral to the International Criminal Court or by other means consistent with international law." THE ASSOCIATED PRESS

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Crowdfunding

Peachy Printer is a hit on Kickstarter

A Saskatchewan-based entrepreneur is quickly becoming a Kickstarter celebrity with his pitch to build a $100 3D printer.

On Friday, Rylan Grayston, 28, of Yorkton, Sask., posted his plea for $50,000 to help manufacture his so-called Peachy Printer, which would be not only inexpensive but easy to use. It would also be designed to work as a 3D scanner.

His pitch clearly connected with the crowdfunding community. He reached his $50,000 goal in a little over a day and has since signed on more than 2,700 backers who have pledged more than $365,000 in funding. THE CANADIAN PRESS

Fast food

Crinkle-cut fry chops out some of the fat, BK says

Burger King Canada is introducing a new crinkle-cut french fry on Wednesday that it says is less fattening than regular fries. Gratifries have six grams of fat and 145 calories per 70-gram serving, compared to 11 grams of fat and 222 calories of other leading fast-food fries, the chain says. A free-sampling promotion will begin next month. METRO

Giddy up! Barbie dons RCMP duds

Bianca McGregor, marketing director at the RCMP Heritage Centre in Regina, shows off the limited-edition Mountie Barbie. ALYSSA MCDONALD/METRO IN REGINA

Collectibles. Limited edition doll tops off dress uniform with high heels and flowing locks

ALYSSA MCDONALD
Metro in Regina

Barbie is suiting up in Red Serge for a limited edition doll. The new Mountie Barbie represents Canada as part of the iconic figurine's Dolls of the World collection and features her wearing the dress uniform of the Royal Canadian Mounted Police — well, with some slight modifications.

"She's got a great uniform," Bianca McGregor, marketing director at the RCMP Heritage Centre in Regina, said of the latest of thousands of outfits worn by the Mattel doll.

"Her boots are a little bit high. She probably wouldn't have a heel, (as) that's not standard issue — so she is really making a fashion statement."

McGregor also pointed out that on the back of the doll's box, Barbie acknowledges that her long hair — about as red as her uniform, in this incarnation — would be up in a tight bun as an RCMP officer. As a Mountie, she comes sans accessories.

Flying off the shelves

- The $29.99 RCMP Barbie is currently sold out at themountieshop.ca. It's also being sold at the RCMP Heritage Centre in Regina and the official Mountie Shop in Ottawa.

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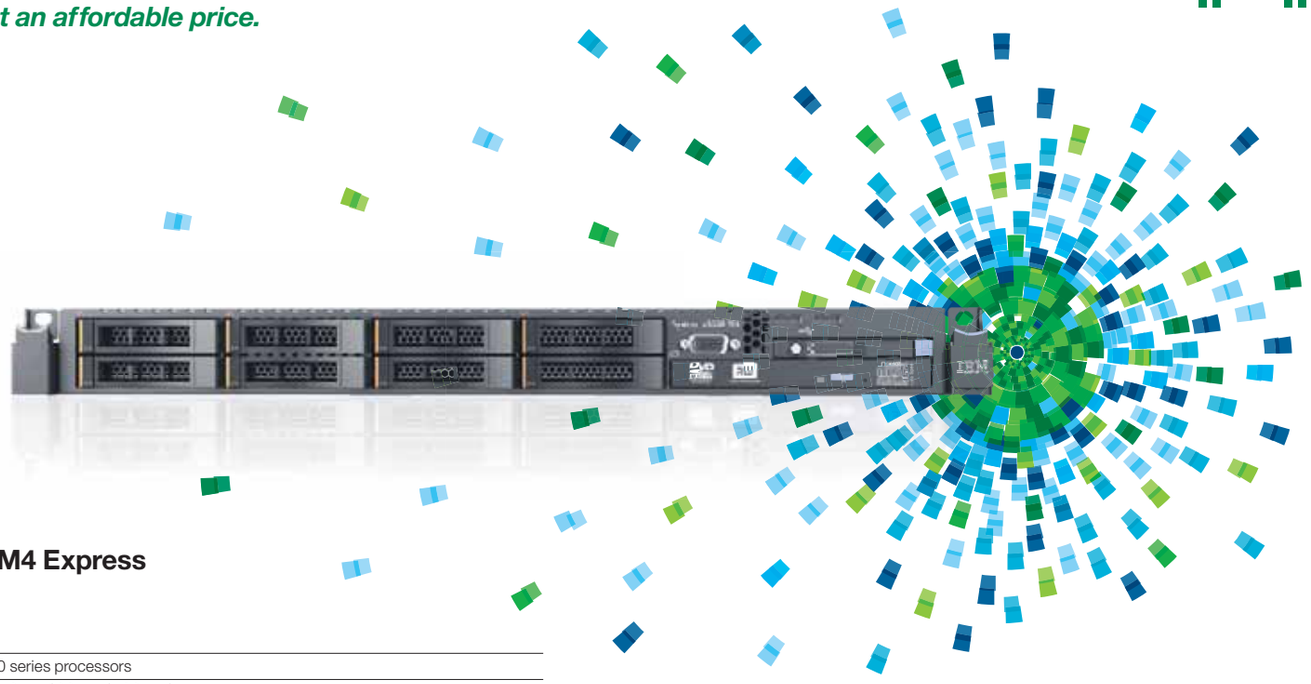

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[2]Results achieved by comparing recommended system to IBM System x3550 (with Xeon E5205) using IBM Systems Consolidation Evaluation Tool (https://roianalyst.alinean.com/stgi/). The comparison is between IBM System x3550 M4 and x3550 (does not include x3550 M2 or x3550 M3).

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New legislation

Ontario bill aims to reduce taxes for small businesses

Ontario's governing Liberals are moving ahead with a budget promise to reduce taxes paid by small businesses. A new bill introduced by Finance Minister Charles Sousa would raise the ceiling for a health-tax exemption, increasing the threshold to $450,000 from $400,000, and index it to inflation. THE CANADIAN PRESS

Market Minute

DOLLAR 97.07¢ (-0.16¢)

TSX 12,848.89 (+37.72)

OIL $103.13 US (-46¢)

GOLD $1,316.30 US (-$10.70)

Natural gas: $3.50 US (-10¢)
Dow Jones: 15,334.59 (-66.79)

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job, in a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

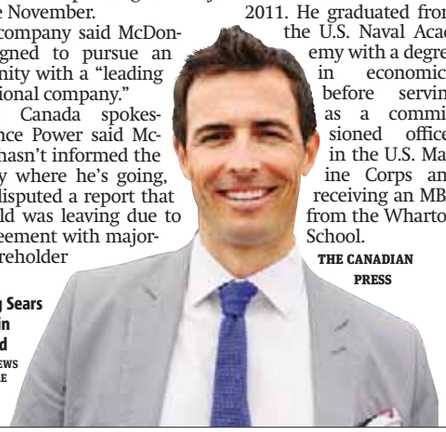
Sears Canada spokesman Vince Power said McDonald hasn't informed the company where he's going, but he disputed a report that McDonald was leaving due to a disagreement with majority shareholder Sears Holdings Corp.

Desjardins Securities analyst Keith Howlett called the move a negative for the company, saying McDonald's departure reduces the probability of an operating turnaround.

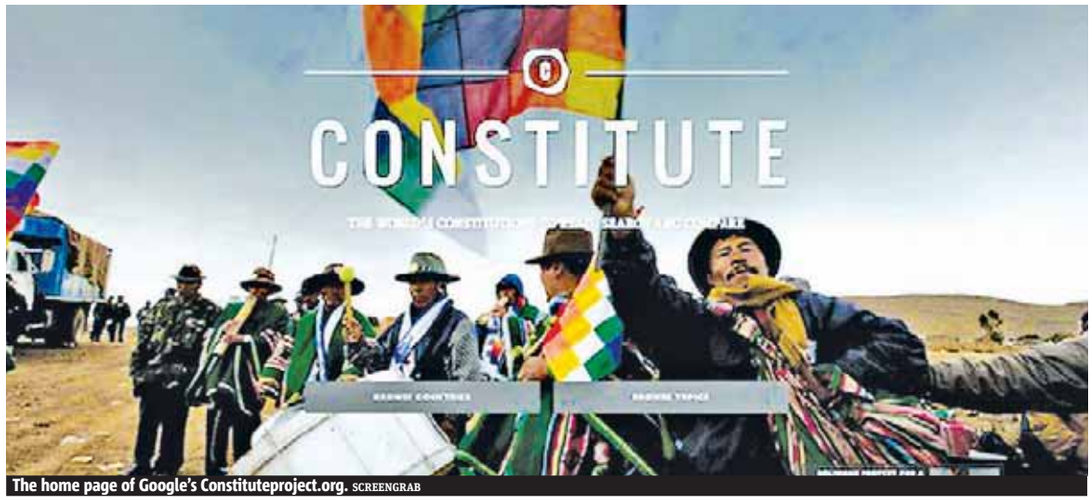
"Our view was that McDonald was a talented, energetic retail executive and might have been able to accomplish a turnaround against what we perceive as long odds," Howlett wrote in a note to clients.

Incoming CEO Campbell joined Sears Canada in March 2011. He graduated from the U.S. Naval Academy with a degree in economics, before serving as a commissioned officer in the U.S. Marine Corps and receiving an MBA from the Wharton School.

THE CANADIAN PRESS



Outgoing Sears CEO Calvin McDonald TORSTAR NEWS SERVICE FILE



The home page of Google's Constituteproject.org. SCREENGRAB

Need to build a country? Google's got you covered

Politics. Metro talks to product manager Sara 'Scout' Sinclair Brody about a new database of founding documents

KIERON MONKS
Metro World News

Not content with its recent announcement of a life-extension clinic, Google has unveiled a program to help nations create constitutions. Constitute provides a database of every founding document and amendment across the world since 1789, broken down into topics for ease of reference. It has been endorsed by heads of state from Tunisia and Kyrgyzstan, and Sara "Scout" Sinclair Brody, Google Ideas product manager, says there is no catch.

How would you describe this service?
It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?
There is a specific demand, uncovered by our partners at the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful interface.

Are constitutions not outdated yet? Why do people argue over interpretation of a 300-year-old scroll?
For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do.

Sara "Scout" Sinclair Brody, Google Ideas product manager COURTESY GOOGLE

But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.

Should Google really be involved in the formation of nations, particularly those in crisis?
Some people think it's surprising — but they should realize this is a tool for providing information, rather than seeking to have an influence.

It must be fun working at (think/do tank) Google Ideas. What do you guys do all day?
It's really about creating partnerships, working with other organizations in parts of the world that are repressive or unstable. We try to empower people doing great work, and give it a technological twist.

Won't world leaders now just copy each other's homework?
On the contrary, I expect more variation. All drafts before now have relied on prior texts, and in some cases copying and pasting entire clauses. If you can see what everyone else has done you can see the wealth of options, you can customize the phrasing, and make it workable for your population.

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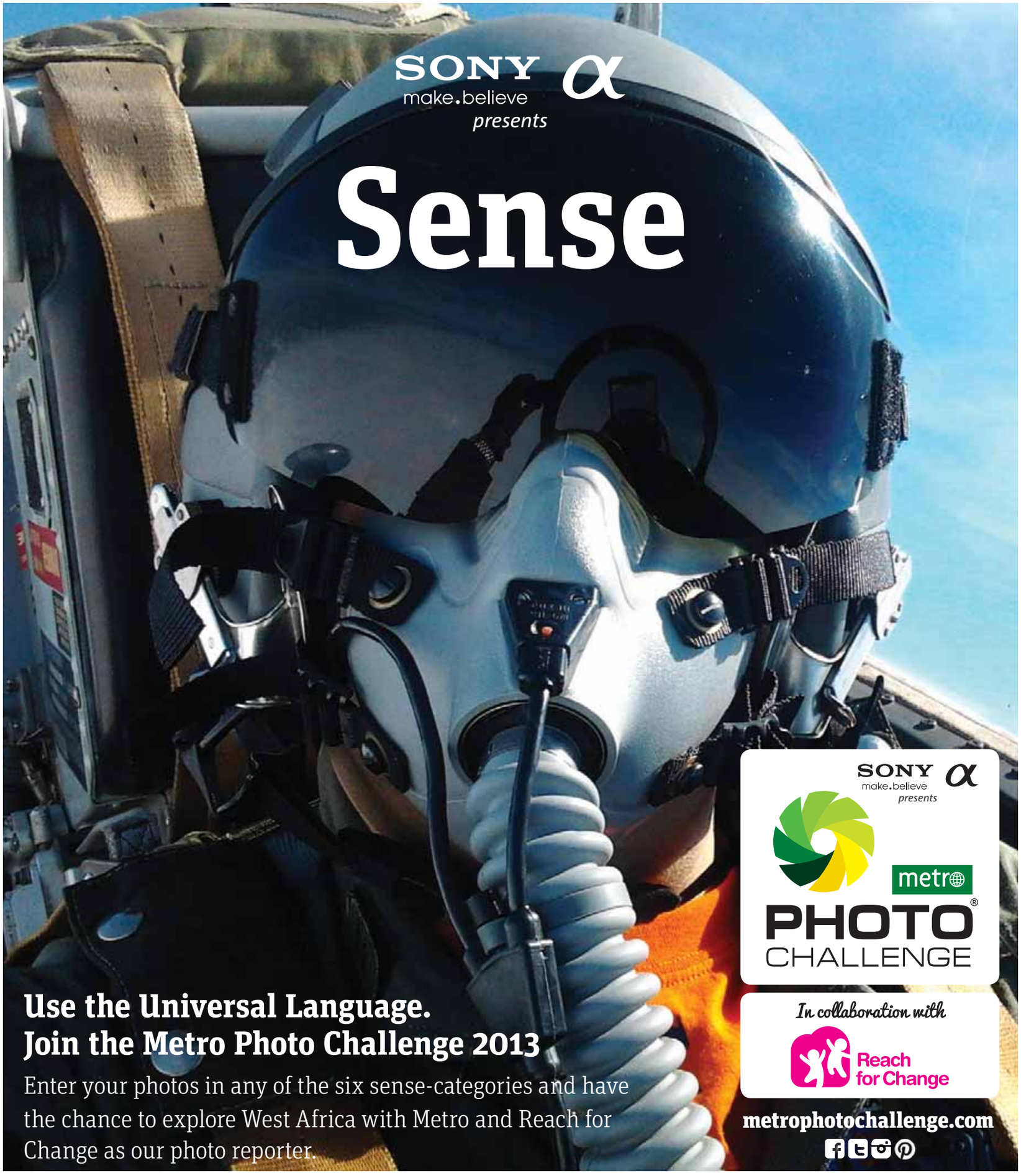
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CAPTAIN KIRK AFRAID TO FLY?

JUST SAYIN'

Paul Sullivan
metronews.ca

"Space: the final frontier. These are the voyages of the starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no one has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a let-down to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic space ship, scheduled to lift off on Christmas Day.

I mean, come on Jim, I mean Bill, it's hardly a five-year mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above the Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk, I mean Shatner, isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spiderman is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science fiction future.

With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than an entertainment. It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of trekkies everywhere — including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and Russell Brand.

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

ZOOM

Blazing saddles ignite relief

NAOMI JELLICOE/REX FEATURES

Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing fire stunt jump, with hundreds of fans cheering in joy and relief. **METRO**

Hot hot heat

"We couldn't can it after 55 years. It is a tradition that is part of this club. Had the conditions been different — if it was windy — we probably wouldn't have done it."

Allan Staunton,
Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders. **METRO**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. Soundcloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.

CONTRIBUTED

Deep and Disco

Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it, you will have cleaned your entire house.

Domino Record Co.

A lovingly tended and eclectic U.K. record label that's home to a roster of artists — including Canada's Austra — that any other company should envy. No matter your taste, finding something new to love is a sure bet.

Modular People

An Australian label that sticks pretty close to electronic music that gets your feet moving. There's already a few hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is very pressing issue. A solution is to help the children openly express their emotions.

With this is mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible, children will start to expand their gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences, and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li,
Mississauga, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt, left, and Scarlett Johansson star in Don Jon. CONTRIBUTED

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says.

"But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet."

In control

What she really wants to do is direct. And it might not be far behind.

- **Taking the chair.** While pal Joseph Gordon-Levitt might have beat her to the director's chair with Don Jon, Scarlett Johansson won't be far behind. "I'm actually directing a film next summer, which is an adaptation of a (Truman) Capote novella called Summer Crossing," she says. "It's something I've been working on for what feels like forever. It's been about six years, and we're finally going to do it."

Quick interview

Danza talking about Don Jon

A few weeks ago, Taxi turned 35. That and Who's the Boss? are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in Don Jon.

Your character in Don Jon isn't very redemptive.
He's not redemptive at all. But everybody you play you love. Tommy Korman in Honeymoon in Vegas is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

How was Joseph Gordon-Levitt as a first-time feature film director?
He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society. MATT PRIGGE/MWN

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Cloudy With a Chance of Meatballs 2 opens next Friday. CONTRIBUTED

He's a spicy meatball — once again

Bill Hader. Former SNL star has had a few big life changes — so it's nice to go back to a familiar role

NED EHRBAR
Metro World News in Hollywood

Bill Hader is adjusting to life after Saturday Night Live and as a recent New York-to-Los Angeles transplant. Luckily there's some familiar territory to ground him, like his latest, Cloudy with a Chance of Meatballs 2, the followup to his hugely successful 2009 animated film.

Now if only he could get some credit at home for the franchise.

This isn't your first animated film. How've you found voice acting?
All you do is just yell all your lines, every single one. All my lines in this movie, I'm screaming — even when it's a very nice intimate moment with me and Sam Sparks.

I've been doing voice work for a while and I love it. The thing is, everyone always assumes that it's really easy, and it's like the hardest work I've ever done.

When I leave a session for any of the animated things I've done, my brain doesn't work. It's incredibly hard work.

But it's very gratifying. And now that I have kids it's great — when they'll recognize that it's me. Eventually.

Eventually?
My four-year-old loves the first movie but won't accept that that's me as Flint. I'll be like, "That's Daddy!" And she looks at me like, "No it's not. You're crazy."

I just hope maybe when she sees this one that she realizes it's actually her dad, because she loves Flint Lockwood, and my wife and I are like, "That's your father."

Just before you finished up Saturday Night Live, you posted a failed sketch online featuring you and Justin Bieber as country singers that never made it out of dress rehearsal — and featured the set collapsing on Bieber. Why release it?
Oh yeah, it's one of my favourite moments ever in a show.

In my whole time being there that was one of my favourite times ever. Everything that could go wrong went wrong. It was the wrong audience for that thing, it was just everything about it went horribly wrong.

It was fantastic. It was just like watching your house catch on fire and just laughing. It was great.

Recurring sketches on SNL can be a double-edged sword.
The audience likes being in on it, so we do the Californians or whatever and people know what to expect. But then we get a lot of flack for it — "Well, it's just the same thing again."

But you're really doing those sketches for the live audience, and the live audience likes to be in on it.

So when I'd come out as Stefan or something, any time we would mess with it — we would do it at dress rehearsal where I would kind of mess with the structure of it a little bit — it would always lose people.

How has the move from New York to L.A. been?
We just got out with the kids and everything. It's crazy.

It's all right, it's just been really intense because my wife had a movie coming out this summer — she wrote and directed The To-Do List.

I was supposed to be at the press day for it but I threw up that morning.

In Focus

Rush harkens back to the Days of Thunder

IN FOCUS
Richard Crouse
scene@metronews.ca

Days of Thunder is considered one of the best stock car racing movies. CONTRIBUTED

"If you think the last four words of the national anthem are gentlemen, start your engines," joked comedian Jeff Foxworthy, "you might be a redneck."

That quartet of words conjures up images of burning rubber, revving engines and lightening fast pit stops.

This weekend, the new Ron Howard movie Rush tries to capture the excitement of Formula One racing. Daniel Bruhl stars as Niki Lauda, the real life Austrian driver and three-time F1 World Champion who faced off against British legend James Hunt (Chris Hemsworth) at the 1976 Formula One World Championship at Fuji in Japan.

The story of their rivalry promises not only a great sport story, but also pedal to the metal action and fiery crashes.

Like racing kingpin Dale Ernhardt Sr. once said, "You win some, you lose some, you wreck some."

Just ask the producers of Days of Thunder, who destroyed 35 cars during the shooting of the Tom Cruise racing flick.

Loosely based on the relationship between crew chief Harry Hyde and driver Tim Richmond — played by Robert Duvall and real life racing enthusiast Cruise — and set in the world of Nascar, Days of Thunder is essentially Top Gun on four wheels, but it does feature some thrilling scenes and deafening engine noise.

As for the autos, most were Chevrolets fitted with fake stock cars with fibreglass bodies.

Not exactly built for the kind of speed required for the film, they regularly broke down and at one point half the fleet was in the shop.

Sparks fly as usual in author's latest love story

Q&A. Creator of The Notebook and other romantic masterpieces talks about research, bullriding and writing

ALSION BOWEN
Metro World News

Author/producer Nicholas Sparks. GETTY IMAGES FOR RELATIVITY MEDIA

Nicholas Sparks is back this fall with his latest, The Longest Ride, which weaves back and forth between two different couples' love stories. Characters we meet include Ira, a 91-year-old man stranded after a car crash and thinking back on his decades-long marriage, and Sophia, an East Coast gal who meets Luke, a bullrider, on a fluke night out. Sparks, known for romances that readers devour and often become movies (most recently Safe Haven) spoke to Metro.

How did you come up with this idea? A recent trip to the rodeo?
Stories come from a variety of different ideas. Sometimes they've been inspired by events in my past or people that I know, or a scene that I want to explore. This particular novel came from an image of what I wanted the big surprise at the end of the book to be. I knew that, and then I knew the feeling that I wanted to create, surprise and wonder and "Oh my goodness, I can't believe that just happened, did I read that right?" This is what I wanted to create, so I said, "OK, so to put that in motion, art plays a role, how do we put that together?"

What was different about writing this?
The way I wrote it was different. Basically what I did was, I wrote Ira and Ruth's story up to the point where Ira's story intersects with Luke and Sophia's. Then I literally set Ira aside, on my desk by my computer. Then I wrote Luke and Sophia's story. Then I wrote all the way through to the end. … Then it took three hours to drop all those sections into the appropriate place.

What kind of research do you do for your books? Do you ever feel you need to explore what your characters do – in this case, that would be riding bulls or being trapped in a car?
I did not ride any bulls, but I've watched a lot of YouTube videos. My kids like (watching) the bull riding, my wife and I enjoy it.

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Facing the music: Nick Carter dishes on life as a pop phenom

Memoir. Backstreet Boy talks to Metro about his new book, wedding plans and upcoming documentary

MEREDITH ENGEL
Metro World News

It's a good time to be Nick Carter: The singer is celebrating 20 years (!) with the Backstreet Boys, is engaged to fitness pro Lauren Kitt and has just published a memoir.

Facing the Music and Living to Talk About It doesn't shy away from the low points of Carter's life, like his battles with substance abuse, and also examines the crazy whirlwind of a life that comes with being an international pop phenom. We stole a few minutes of Carter's time after a recent book signing.

Why was now the right time for a book?
There's never a right time. I kind of let things happen for a reason and that's what happened. I did the show (about my addiction struggles) with Dr. Phil about a year ago, and he mentioned (a book), so we ran with it. I just started writing it to see how it would feel, and then it started feeling really good, therapeutic, and then things started clicking. (I felt) like this could be something that may be helpful to someone who I like to say is in a moment of strength — instead of a moment of weakness — when they want to overcome something.

Were you nervous to put yourself out there?
That's the only way I can be. It's all about just putting it all out there. There's so many things in life that use the same theory, and that's: "If you can't be real, then what are you doing it for?" … I wasn't scared, I was more relieved after it was finally released. I feel every single day as if I'm learning from this experience. Because as an entertainer, yeah, I do give back, but not in this way.

You weren't shy about naming names in the book. You spoke about how your relationship with Paris Hilton fuelled some of your problems.
Everyone knew about what was going on and, you know, I wasn't perfect, she wasn't perfect, we just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery. It just wasn't good for me at that time.

You're getting married! How far are you into wedding planning?
We're looking (at) I'd say either January or March. We haven't decided that. We are actually in the middle of doing a presentation for a TV show. It might happen — I mean, it's like 70/30 — so we're really working on it and we'll see what happens. But VH1 is interested and it's going to be based around the marriage and about the struggles that still happen to this day, but much more lighthearted stuff.

And the Backstreet Boys have a documentary coming out too, right?
That'll be coming out next year as well. We've been through 20 years of a lot and I think people are interested in how we became who we are … the individuals, our dynamic, the kind of group we are, the success, the failures, everything in one documentary.

Backstreet Boy Nick Carter has just published a memoir: Facing the Music and Living to Talk About It. GETTY IMAGES

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10 fun facts about everything Cher

Closer to the Truth. With a new album coming out this week and an upcoming tour, the diva is ready for her big comeback

ANDREA PARK
Metro World News

Cher during her performance on the Today Show on Tuesday. GETTY IMAGES

Cher hasn't recorded an album in more than a decade, but the diva has been busy lately promoting her new album, Closer to the Truth, which hit stores this week.

She performed her lead single, Woman's World, on the Today Show and has been making the media rounds as part of her big comeback — and she has a lot to say. Here are 10 fun facts to bring you up to speed on everything Cher.

1. She is her own harshest critic. After her Today Show performance Tuesday, Cher took herself to task on Twitter. She responded to her fans' praise of her singing and tweeted: "Guess IT Wasn't As Bad As I Thought? Wait, Let Me Rephrase THAT … I Diidnt Hit Notes, Hit Some (Flat), Sharp, Missed BRIDGE on IHYFI, PPL R KIND."

2. Speaking of Twitter, Cher is on it all day. Typos be damned, no celeb can tweet up a storm like Cher can. She tweeted that she can't handle anything more technologically advanced than a rubber band, but that hasn't stopped her from tweeting style tips, birthday messages to fans and a running commentary on her daily life.

3. She's a mama's girl, and proud of it. Along with her album, Cher just released a documentary for purchase called Dear Mom, Love Cher. The diva originally planned to make a 16-minute video tribute to her 87-year-old mother, Georgia Holt, incorporating old tapes of an album Holt recorded, but never released, in 1980. The video turned into an hour-long documentary that aired on Lifetime in May.

4. She hates being "old." Cher doesn't look her age, but she feels it. She's told interviewers that she's 100 or a million years old, but she's actually 67. She told CBS, "People are so shocked that I say I don't like getting older, because I think you're supposed to say, 'Oh, I'm better than ever, and it's great, and blah, blah, blah.' Uh-uh. Not happening for me."

5. She turned down the chance to sing at the upcoming Olympics. Cher is anti-discrimination and she's not happy about Russia's stance on LGBT citizens. She said she was asked to open the Olympics show in Sochi and declined due to the country's treatment of gays.

6. She didn't like Miley Cyrus' VMAs act. She told CBS she doesn't have a problem with out-there performances or esthetics, but she does have a problem with "things done badly." She said of the performance, "Outfit, terrible. Dancing, terrible. Singing, average. Performance, terrible."

7. She is a fan of both Clintons. Count Cher in for Hillary 2016. She told the Guardian that "Hillary Clinton would make a fine president. I also think that Bill would be an awful lot of help."

8. She has a love-hate relationship with touring. Cher told Today that being on tour has major drawbacks. "I understand why guys in bands tear up hotel rooms and throw TVs out the windows. Because it's a very lonely place. The only time you have fun is at the concerts."

9. She struggled with Chaz Bono's sex change. She told CBS she was afraid of "losing" her daughter but that Chaz stayed the same person.

10. Her tour starts next year. This will be Cher's first tour in more than eight years. The Dressed to Kill tour begins on March 22 in Phoenix, Ariz.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jessica Alba. ALL PHOTOS GETTY IMAGES

Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED talk."

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also butt-slapped a twerking little person and sang into a banana microphone.

I mean, we already have one Ke$ha. Do we really need another?

MELINDA TAUB/MWN

Neil Patrick Harris

NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys was fun, but I'm sure glad it's over," he posted to Twitter. "Looking forward to not hosting anything for a long time."

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The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI
Metro World News in New York

You don't need to head to Munich to toast to Oktoberfest. ISTOCK

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver
Denver, Colo.
Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff, will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest
Leavenworth, Wash.
Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga.
Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late- October fall foliage.

For the procrastinators

Tulsa Oktoberfest
Tulsa, Okla.
Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Canada's take on Bavaria

- **Kitchener/Waterloo.** Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

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Resist the urge to set the agenda when travelling with another couple. ISTOCK

When four become one: How to travel with another couple

The more the hairier?
Travelling as a couple can be tough but a foursome is tougher; here are some tips to make it easier

MIKE DOJC
life@metronews.ca

Maybe you've mastered the art of travelling as a couple. But the same rules don't apply when travelling in a foursome. Back in the '90s, the Spice Girls wrote the rules of engagement for when 2 Become 1, but what about when four become one? The more the merrier could be amended to the more the hairier. Here's how to double up without doubling the drama.

Itinerary integration
The key to a stress-free co-coupling vacay is to assure that nothing is compulsory. Once you make the decision to hit a destination in tandem, there's an expectation that group outings will be de rigueur. Proclamations like, "We're in Paris; we simply must spend at least one day touring the Louvre and soaking up the art" can be fighting words. Resist the urge to set the agenda. Instead, seek common ground on your sightseeing wish list and split up the rest of the way.

Dining deliberation
Deciding where to eat at home can grease the flames of debate. Add another set of palates and a limited time frame to sample the local cuisine and suddenly there's a ravenous debate raging on the trustworthiness of UrbanSpoon ratings versus Zagat restaurant reviews. Avoid a fork fight over who has got the most inspired sea bass in town and achieve dining détente by allowing a third party, perhaps the concierge, to reserve a table for four.

Requisite relaxation
Much vacation time is spent lazing by the pool, sipping pina coladas and just generally doing nada. The art of sloth increases in complexity when more people are invited into the mix. Staking out one umbrella isn't too difficult, but hunting for a spot to accommodate four can be tricky — especially if you are holidaying during the busy season. Don't settle for subpar real estate. Decouple and reunite later once you've all had some sun.

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The Nocturne: Get your art on in the dark

Halifax. Nova Scotia's pub hub gets cultured with its annual street festival of art work

No space is off limits during The Nocturne festival. THE CANADIAN PRESS

If you go...

- **When.** Oct. 19, 6 p.m. to midnight.
- **Where.** The streets of Halifax and Dartmouth.
- **Cost.** Free
- **Visit.** nocturnehalifax.ca

For one night every fall in Halifax, the East Coast city well-known for its lively pub scene is alive for a different reason: a celebration of art.

The Nocturne: Art at Night festival takes art and puts it on the city's streets for six hours once a year.

No space is considered off limits; alleyways, stairwells, shop windows and building facades are all perfectly good galleries, easels, frames and canvases on this night. The city's galleries keep their doors open late, welcoming visitors long after their normal closing hours.

"Nocturne has that way of demystifying art and making it accessible for the public to enjoy," says Lorraine Plourde, chairwoman of Nocturne's board.

The free event came to light seven years ago, inspired by a contemporary art festival in France. October was an ideal fit for the nighttime art show — the sun sets early, but the autumn air isn't too cold to keep people away, says Plourde. It's also the traditional shoulder season for public events, and Nocturne helps fill that void.

The first Nocturne, designed and planned by volunteers, attracted about 4,000 people. Last year, Plourde says about 24,000 came out to see the exhibitions, though actual numbers are impossible to determine since it's a street festival. When Nocturne kicks off again at 6 p.m. on Oct. 19, organizers are hoping to compile observations from Twitter and Facebook to get an idea of the crowd's size.

Since Nocturne's launch, incarnations have popped up in other smaller cities and towns, including the annual Lumiere Cape Breton festival in Sydney. This year's Lumiere is planned for Saturday.

Meandering through the streets in Halifax during Nocturne, there's no shortage of art to suit varied tastes. Past years have featured everything from Mi'kmaq art to photography to sound installations to puppet shows. There has been interactive art, performance art, shadow art — even nail art. Last year, Biscuit General Store on Halifax's popular Argyle Street offered patrons one-finger manicures.

Even born-and-raised Halifonians can find beauty and intrigue in familiar surroundings. Last year's Nocturne included a walking tour of the 150-year-old Dennis Building at the corner of Granville and George streets to learn the history of markings on the edifice's deteriorating walls.

Another exhibition — titled Move! — featured performances by the city's circus school, Halifax Circus. At the Museum of Natural History, an artist sang lullabies to wildlife species as part of Nocturne's 85 exhibitions. And across the harbour in Dartmouth, people were turned into veritable instruments in an installation using light, sound and touch.

"We have a very lively community," says Plourde. "I think having such a great art college as NSCAD in this city means there's a lot of creativity and practising artists here. That creation happens anyway, and we provide them with a venue."

THE CANADIAN PRESS

Insurance

When your sailing isn't so smooth...

ON THE MOVE
Loren Christie
life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

Travel insurance gives you security. ISTOCK

For a comprehensive travel insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between $100 and $125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance provider with you at all times. In order to receive a full reimbursement, you may be required to call the emergency contact before going to the hospital.

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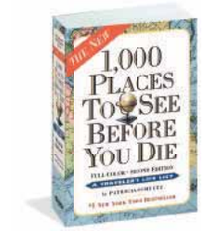

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The finer points of Great Britain

From the rugged coastline of rural Northern Wales to London and on to the resurgent merchant city of Glasgow, travel in Britain can be a fascinating and varied experience. After all, it's called Great Britain for a reason. "Transat Holidays Great Britain packages offer an array of rich experiences in London, Manchester and Glasgow," says Joseph Adamo, vice-president of marketing and e-commerce with Transat Tours Canada, which offers packages and up to six direct flights per week from Vancouver. But if you only have a couple of days, where should you go — England, Wales or Scotland? This sounds oddly like a competition — and competitions in this football (soccer)-mad island are best settled with points.

JEFF HODSON
life@metronews.ca

London, England

Cool: Wimbledon tour and museum
Where: All England Club
Cost: $35
Website: wimbledon.com/museum
Points: 6/10

It is pretty impressive to walk through the gates and into the green, immaculately manicured heart of the planet's greatest tennis venue.

And, ignoring the dark day and the sputtering September rain, it's easy to imagine the 41-acre site overrun with tennis fans sipping Pimms and quaffing containers of strawberries and cream.

"Our goal is tennis in an English garden," says our guide, Ashley Jones, commercial manager for the Wimbledon Lawn Tennis Museum.

The tour leads visitors through the grounds, centre court and the press centre. For me, highlights included an almost complete lack of advertising (there are several Rolex branded clocks) and gardens awash with the Wimbledon green-and-purple colour scheme.

The museum, which opened in 2006, is full of bright interactive displays on the history and evolution of the sport from jeu de paume, played by monks in the 12th century.

Among the many tidbits I learned was that Spencer Gore, 27, winner of the first men's tournament in 1877, preferred cricket and predicted tennis would never catch on as a sport.

Eat: Not Afternoon Tea
Where: OXO Tower Brasserie
Cost: $70
Website: harveynichols.com/oxo-tower-london
Points: 7/10

Sometime between the Neopolitan Hotshot (strawberry foam, layered above white chocolate ganache and hot chocolate with chilies) and the Snozberry Slurp (it's blue, comes in a snifter and has cotton candy dangling from it) the giggles strike.

And they strike hard.

The Not Afternoon Tea experience at the OXO Tower Brasserie is a flight of Willy Wonka-inspired lunacy.

Atop the eighth floor of the OXO Tower (a former bouillon cube warehouse) with balcony views overlooking the slow-moving boats and brown water of the Thames we tuck into "meals" with names like Penny's Herb Garden and All Iced Up.

I chose Chocolate Bubbles.

Chocolate hazelnut macaroons filled with praline ganache is but one of the four creations, and they're all delicious. The meal comes paired with a fancy cocktail and box of truffles to take home.

It's only later, at say 3 a.m., when I'm bouncing off the walls like an over-caffeinated Oompa Loompa that the realization dawns that the (previously delicious) orgy of chocolate, booze and sugar may not be conducive to a sound night's sleep.

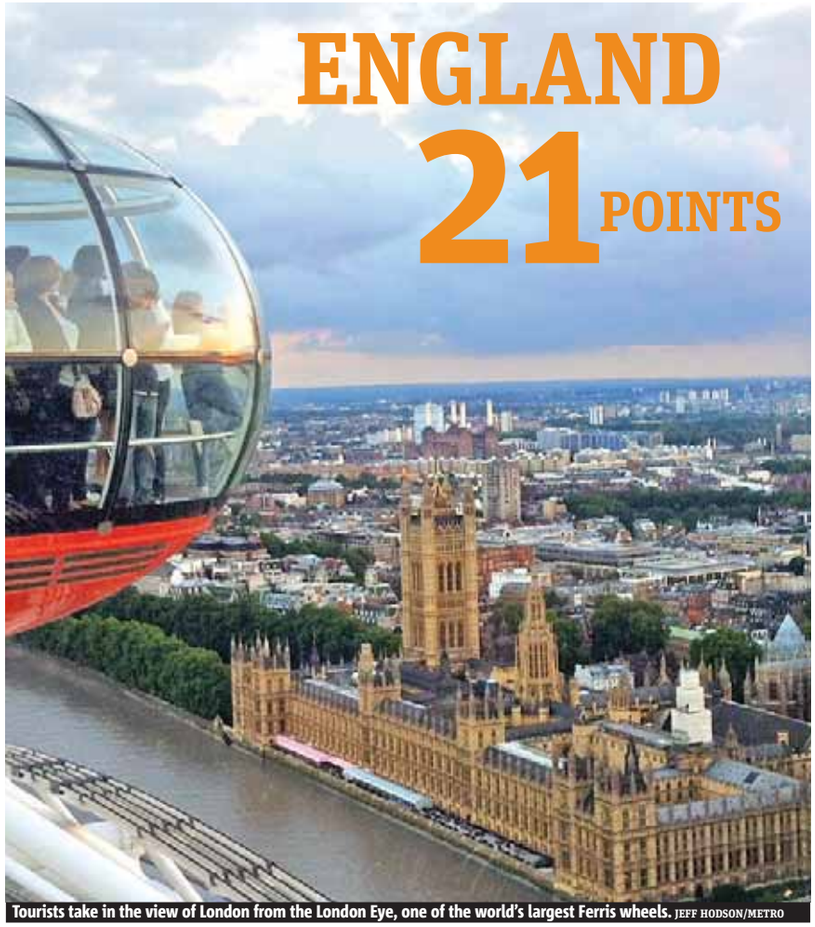
Sleep: Great Northern Hotel
Where: King's Cross St Pancras Station
Cost: From about $325/night
Website: gnhlondon.com
Points: 8/10

The recently renovated, boutique Great Northern Hotel oozes simple understated elegance and is located right in the bustling, pumping heart of London.

The rooms are small and modern, with high ceilings, gently curving corridors, and wrought iron staircases. The decor reflects the hotel's Victorian railway past.

For me, the best part was the pantry, located at the end of the corridor with complimentary Nespresso, biscuits and newspapers.

I made good use of it the frantic morning I slept through my alarm and wake-up call.



Tourists take in the view of London from the London Eye, one of the world's largest Ferris wheels. JEFF HODSON/METRO

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A group scrambles along the schist on Holy Island in Northern Wales. CONTRIBUTED: MATT SHAW/SURF-LINES

North Wales

Cool: Coasteering
Where: Holy Island, off the northwest coast of the Isle of Anglesey in Northern Wales
Cost: $80
Website: surf-lines.co.uk
Points: 9/10

The collective giggle-shriek that erupts as our group plunges into the milky grey Irish Sea is pretty common, says Matt Shaw, our guide for the day.

"That's typical of how we start," says the mountaineer, after all-is-said-and-done and the surging sea sits comfortably removed, beyond the undulating mosaic of lavender heather and yellow gorse of the coastal heath.

I don't know if I shrieked as the cool water seeped through my wetsuit, but I'd like to think I didn't. (If a man screams in the ocean and no one videos it, is it still embarrassing?)

Following the squawking start, we spend the next two hours, in helmets and life jackets, trailing Shaw — swimming, scrambling, climbing and traversing the folded grey schist and jumping from ledges into murky swells. That's what coasteering is all about.

It was fantastic fun; but fun tempered by a fear of slipping and smashing my face on the rocks. The worst injuries, however, were only small cuts on my hands and ankles and small bruises that materialized in random spots.

Shaw, who has been coasteering for 13 years, claims a "clean sheet" when it comes to injuries, aside from the odd scrape and sprain.

Before stepping into that too tight and clammy wetsuit, I'd never heard of coasteering. This seems to shock Shaw.

"I think it's growing in popularity," says the Welshman.

Eat: The Brasserie at Ye Old Bull's Head
Where: Beaumaris, Isle of Anglesey
Cost: $25
Website: bullsheadinn.co.uk
Points: 6/10

The Inn, built in 1472 (and rebuilt in 1617), boasts the largest hinged door in the U.K. — a sure draw for fans of large hinged doors (all three of you).

I stopped here for lunch and had the lamb. It was fine. The beer was good, the dinning area well lit and pleasant.

The freehouse bar, which I ducked into briefly, is the real star. Above the paid carpet, the yellow plaster walls lean drunkenly, covered in antique swords and pistols.

Dr. Samuel Johnson stayed here; as did a journalist named Charles Dickens who came to Beaumaris in 1859 to write about the sinking of a ship, the Royal Charter. The hotel received mention in one of his short stories (apparently he blasted the food). No bull.

Stay: Celtic Royal Hotel
Where: Caernarfon, northern Wales
Cost: $175/night
Website: celtic-royal.co.uk
Points: 5/10

The Celtic Royal Hotel in the Welsh city of Caernarfon dates back to 1794 (part of it, anyway). Queen Victoria stayed here in 1832 — I was a tad worried she might still be hanging around. I kid, but the hotel, with its high ceiling and rolling floors, is a little outdated (refurbished last in 1997) and is due for an update. But it's clean and pleasant and is a short walk to the Caernarfon Castle.

Glasgow, Scotland

Cool: The Sir Chris Hoy Velodrome
Where: Glasgow
Cost: $16, includes bike rental, helmet and shoes
Website: emiratesarena.co.uk/velodrome
Points: 8/10

Puttering (in my mind I'm soaring) around the recently opened Sir Chris Hoy Velodrome in Glasgow's East End, the freakiest thing is not the banked 42-degree sidewall.

It's the fact you can't coast.

If you stop pedalling — even for an instant — the pedals to which you've so wisely attached to your feet whip your legs around like cooked spaghetti.

It's unnerving.

"It's a massive success," Gordon Arthur, chief communications officer for the 2014 Commonwealth Games in Glasgow, says of the velodrome. "It is genuinely available to anyone."

Opened in October 2012 as a venue for next summer's Commonwealth Games, the velodrome is indeed open to Joe MacPublic, with bikes and instructors available to get you up and zipping (fine, puttering) around and around the track.

Our coach for the day is David Daniell, 23, a track sprinter who won silver at the 2010 Commonwealth Games in Delhi. Daniell gets us clipped in and riding around the apron, then up on to the Cote d'Azure (the thick blue ribbon around the bottom of the track), and finally up onto the banked walls of the Siberian pine track.

Soon I'm panting away, ripping around the 250-metre track and hitting the corners with speed.

It's ridiculous fun.

Unfortunately after about 20 minutes, the pain in my hands and wrists (I'm gripping the handlebars for dear life) brings the ridiculous fun to an end.

Eat: Two Fat Ladies at the Buttery
Where: Glasgow
Cost: $35
Website: twofatladiesrestaurant.com/buttery
Points: 7/10

The lamp that dangles like a cream and blue jellyfish above our table previously belonged to author J.K. Rowling, our server informs us as our starters (I order the seared mackerel) are set on the table.

It was purchased at auction and brought to The Two Fat Ladies at The Buttery where it fits naturally among the decor — plaid carpeting, thistle wallpaper and dark wood panelling, and a bar constructed from an old church altar.

The Buttery, the second oldest restaurant building in Glasgow, was taken over by The Two Fat Ladies chain in 2007. It's comfortable, subtly quirky and the food is excellent.

Stay: The Arthouse
Where: Glasgow
Cost: $150
Website: thearthouseglasgow.co.uk
Points: 7/10

The exposed coppery cage of the antique elevator that holds court in the centre of the boutique hotel Arthouse Glasgow is a piece of art. The hotel itself, part of the Abode chain, is beautifully decorated, comfortable and friendly.

The author tries his hand at track cycling at the Chris Hoy Velodrome in Glasgow. CONTRIBUTED BARB SLIGL

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Oh, put a steak in it already

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

2. Pesto: Put basil, olive oil, Parmesan, pine nuts and garlic in food processor; process until finely chopped. Gradually add the stock through the feed tube and process until smooth. Add salt and pepper. Put pesto in serving bowl.

3. In large pot of boiling water, cook the penne until tender but firm.

4. Meanwhile, heat oil in nonstick skillet over medium heat; cook garlic and onions for 4 minutes until brown. Add mushrooms and sauté for 4 minutes until tender. Add tomatoes and peas and cook for 2 minutes more to heat through.

5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve.

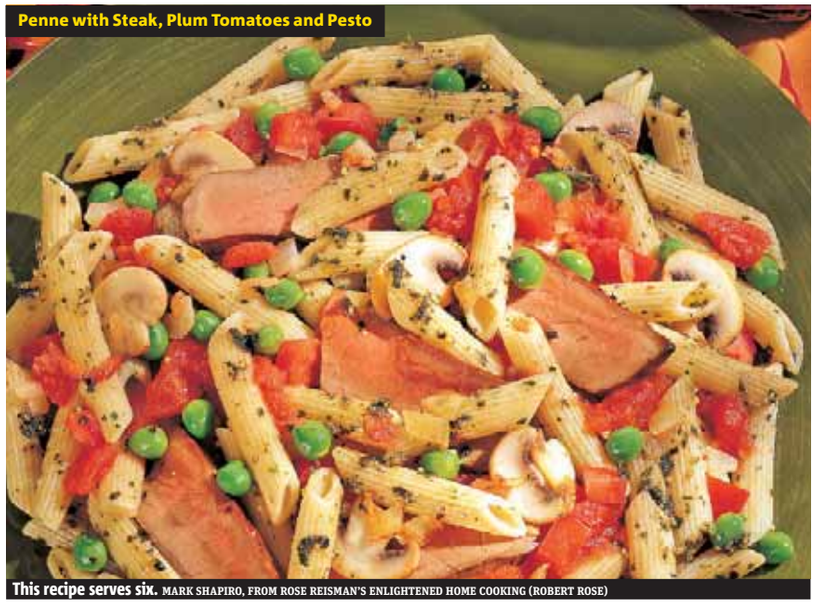
ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 6 oz thinly sliced beef steak such as New York strip

Pesto Sauce

- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil
- 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic
- 3 tbsp chicken stock or water
- Dash of salt and pepper
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions
- 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas



Penne with Steak, Plum Tomatoes and Pesto

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon.

PHOTO AND RECIPE COURTESY BELVEDERE

TAKE BACK DINNERTIME

In an increasingly busy world, the importance of gathering as a family over a meal is often overlooked. If sharing the table with friends and family is important to you, it's time to start making mealtime more meaningful.

Sharing a meal with loved ones offers many benefits – a family check-in can spark conversation about what's going on in each other's lives and provide precious opportunities to connect after a busy day. A simple and delicious meal with minimal preparation time can maximize quality time spent at the dinner table. Consider implementing a 'no technology at the table' rule to help make dinnertime more meaningful, and keep the focus on the conversation.

Andrea Holwegner (BSc, RD) is founder and president of Health Stand Nutrition Consulting Inc.

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The next time you are looking for a quick and easy dinner dish, try this healthy recipe recommended by Andrea Holwegner.

More pasta recipe ideas are available at **www.barilla.ca**

Penne with Roasted Winter Vegetables and Shaved Parmigiano Cheese

PREP TIME: 15 MINUTES | COOK TIME: 20 MINUTES | SERVES 4

INGREDIENTS

1 box Barilla PLUS® Penne
3 tbsp extra virgin olive oil
1 lb brussels sprouts, sliced in quarters
½ small butternut squash, diced small
1 clove garlic, chopped
1 bunch kale, sliced thin
Salt and pepper to taste
¼ cup Parmigiano Reggiano cheese, grated

PREPARATION

1. Preheat oven to 425°F
2. Toss squash and Brussels sprouts with olive oil and roast separately until slightly browned and cooked through.
3. Bring a large pot of water to a boil and season with salt. Cook pasta according to package directions.
4. In a large skillet, sauté chopped garlic in 1 tbsp olive oil until slightly yellow in colour.
5. Add kale and sauté for 3–4 minutes.
6. Season with salt and pepper.
7. Add a ladle of pasta cooking water and bring to a simmer.
8. Add roasted vegetables.
9. Drain pasta and add to the sauce.
10. Toss with parsley and top with grated cheese.

Barilla PLUS. THE CHOICE OF ITALY ®

From sea to table: Spaghetti al Nero di Seppia with Clams

This bedazzling entrée is brimming with fresh clams, herbed shrimp and tossed with a blending of olives, wine, aromatic vegetables and exceptional Peperoncini Piccanti.

With its bold colour and delicate flavour, Nero di Seppia Spaghetti from Italy is the ideal pasta for this showstopper dish.

This recipe serves eight. PRESIDENT'S CHOICE

Ingredients

- 1/2 cup (125 ml) extra virgin olive oil
- 1 onion, diced
- 1- 1/2 sweet peppers, cored, halved and diced
- 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) pitted kalamata olives, halved
- 3 cloves garlic, minced
- 2 tbsp (25 ml) PC black label Peperoncini Piccanti
- 3 lb (1.5 kg) littleneck clams, scrubbed and well rinsed
- 2 cups (500 ml) dry white wine
- 1 pkg (454 g) PC Raw Zipper back Black Tiger Shrimp – Jumbo, thawed and peeled with tails left on
- 1 pkg (500 g) PC black label Nero Di Seppia Spaghetti
- 1/2 cup (125 ml) chopped fresh parsley

1. In large heavy-bottomed saucepan or Dutch oven, heat 1/4 cup (50 ml) of the olive oil over medium heat. Cook the diced onion, stirring, for 3 minutes. Add sweet peppers and 1/4 tsp (1 ml) of the salt; cook, stirring, for about 4 minutes or until very soft. Add pitted kalamata olives and minced garlic; cook for 1 minute. Stir in piccanti until combined.

2. Increase heat to high. Add clams; cook, shaking pan gently, for 2 minutes. Pour in wine; bring to a boil. Cover and steam for 1 minute. Add shrimp; cover and continue to cook for 4 to 5 minutes or until clams open wide and shrimp are cooked through. Remove from heat and discard any clams that do not open.

3. Meanwhile, in large pot of boiling salted water, cook spaghetti for 7 to 9 minutes or until tender but firm. Drain, reserving 1/3 cup (75 ml) of cooking water. Add spaghetti to clam mixture, tossing to combine. Transfer to large serving platter; toss with remaining olive oil, remaining 1/4 tsp (1 ml) salt, parsley and some of the reserved cooking water, if desired. Serve with additional piccanti on the side, if desired.

PRESIDENT'S CHOICE

Dinner. Gluten-Free Penne with Fresh Tomatoes & Bocconcini

Ingredients

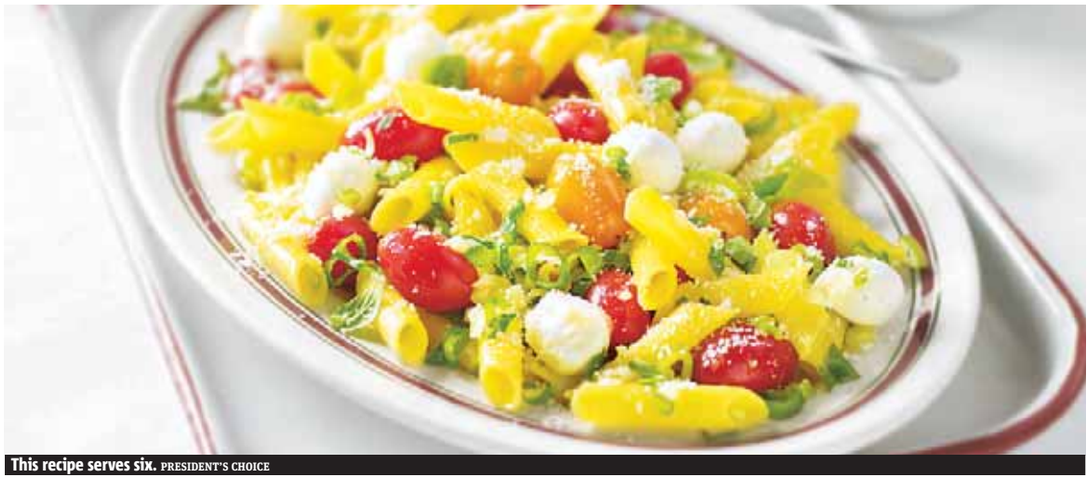
- 1 pkg (340 g) PC Gluten-Free Penne
- 1/4 cup (50 ml) extra virgin olive oil
- 2 cloves garlic, finely chopped
- 1 pkg (340 g) PC Gourmet Grape Tomatoes Trio
- 2 green onions, thinly sliced
- 1/4 tsp (1 ml) each salt and freshly ground black pepper
- 1 cup (250 ml) drained "mini mini" bocconcini cheese
- 1/2 cup (125 ml) finely grated Parmigiano Reggiano
- 1/3 cup (75 ml) chopped basil

1. In pot, bring 16 cups (4 L) salted water to rapid boil. Add penne, stirring until water returns to a boil. Cook 10 mins., stirring occasionally, or until tender but firm. Drain, reserving 1 cup (250 ml) of pasta cooking water.

2. In nonstick frying pan, heat oil over medium-high heat; cook garlic 30 seconds. Add tomatoes, green onions, salt and pepper; cook, stirring, until tomatoes are heated through but not falling apart, about 2 minutes. Add drained pasta and 1/2 cup (125 ml) reserved cooking water; stir until pasta is lightly coated with sauce, adding more cooking water if necessary, one tablespoon at a time. Sprinkle bocconcini balls and half of Parmigiano over pasta, shaking pan so cheese settles into pasta. Cook 2 mins.

3. Transfer to platter. Top with basil and remaining Parmigiano. Serve.

PRESIDENT'S CHOICE



This recipe serves six. PRESIDENT'S CHOICE

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JVS TORONTO

Arm yourself with answers

Let's get ready to respond! The best replies to commonly asked interview questions

SHAHEERAH KAYANIHTTP
TalentEgg.ca

You've got an interview coming up. Are you wondering what kind of questions the employer will ask you? Here's a list of commonly asked interview questions and tips on preparing yourself accordingly.

"Tell me about yourself."
This is a classic question. This is your chance to sell yourself and your talents to the employer. You will want to tell a good story about yourself, what your skills and prior work experiences are, and how you can use that to benefit the employer. Also let your personality shine through, and let the employer in on your interests and career goals.

"What is your biggest weakness?"

When talking about difficult obstacles, focus on the positive end outcome, and what you learned along the way. ISTOCK

This is your chance to talk about your weakness, and definitely emphasize how you are working to improve on it. For example, if you're afraid of public speaking, take on a volunteer position to improve your presentation skills and become more comfortable with public speaking. Showing that you actually recognize your weakness and are taking action to deal with it will show the employer that you are proactive and like to take initiative.

The tables have turned

Some good questions to ask your interviewer are:

- What is the most challenging and fun thing about this position?
- What is a typical day on the job like?
- What new projects will I get to assist with?
- What will happen next in the hiring process?

"What are your short term goals (over the next five years)?"
For this question, you should mention your professional goals and relate them to those of the employer. You should talk about what you hope to achieve over the next five years and what you hope to contribute to the employer in that time period.

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ROSIE HALES
TalentEgg.ca

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing for many, and might even seem completely unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's almost impossible to place enough emphasis on how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities don't need to be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact:

Every single recruiter at any recruitment event is there because they want to talk to you; maybe even hire you! Sounds a bit like a no-brainer, right?

Wrong. You'd be surprised by how many people might choose to avoid a recruitment event because they are concerned about networking.

Just keep the following tips in mind.

Ask questions about the company and the representative

The best way to make a great impression is to ask them questions about themselves. This can definitely apply to a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

• What brought them to work for this company?

• If they did post-secondary education, what kind did they do and what did they specialize in?

Don't forget to swap info

Trade their business card for your business card, a resumé and a cover letter.

- This is a great way to end a conversation that you think went well, and if you followed the tips in this article then they will certainly remember you and will therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

• What's their favourite part about their job?

• Which company office are they from?

Don't forget to ask some key questions about the company:

• What kind of students are they looking to attract at this recruitment event?

• What do their available positions entail?

• How long does the application process take (so you know when to start applying)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you. Try to say something a little more engaged than just commenting on the free stuff, even if that is the reason you like their booth. Commenting on this shows that you're engaged and perceptive. Being able to communicate your opinion will show the recruiter you aren't afraid to share your thoughts.

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To bask in our digital dreams or to wake up and relish the real world?

Where is my mind? A digital media maven takes on the tough balancing act between technology and true life

YLVA VAN BUUREN
Metro World News

The trailer for Ramona Pringle's Avatar Secrets is being launched Thursday during a keynote talk by the producer and director at Social Media Week in Toronto. CONTRIBUTED

"It's like we're living in the science fiction future right now, and the real stories are more incredible than fiction."

Producer/director Ramona Pringle, 31, took her words to heart when she created Avatar Secrets, an exciting 10-part interactive documentary project that is being developed as an iPad-based app.

Avatar Secrets is set in both the real world and the virtual world and is a combination of Pringle's real-life memoir, a graphic e-novel, and a documentary.

The premise of Avatar Secrets: If we dig a little deeper into the allure of video games and technology maybe we will uncover some of what we're missing in the real world.

Avatar Secrets is a bold project and certainly one of the reasons why Pringle was recently named one of Playback's 10 2 Watch in the new age.

Producer/director Ramona Pringle. PROVIDED

Pringle has worked as an actor and was in movies including Shoot 'Em Up and Cinderella Man. She has a master's degree in interactive telecommunications from New York University and today teaches interactive storytelling at Ryerson University. She has worked as a multi-platform producer for CBC, TVO, CTV and PBS.

Her other major project at this time is rdigitallife.com, an online hub that explores what it means to be human in today's digital world.

Here are Pringle's tips for living in the digital world:

The big draw of all our technologies is each other, so focus on the person, not the technology

Choose when and how to connect with people. For a heart-to-heart, nothing beats face-to-face; for conversing with an overseas relative, Skype may be best; for making plans with a friend, IM.

Engage fully whether you're online or offline

We are living in what I call the "hybrid reality" — constantly straddling the "real" world and the "digital" world. The challenge is to make sure that being in both worlds doesn't mean that we don't fully engage in either. Choose where you want to focus your attention — whether you're looking into a screen or someone else's eyes.

Empower yourself — don't let gadgets and apps control you

We have this reflex of checking messages when lights flash or there's a ping. Technology is here to stay but we can choose how, when, and where we engage instead of letting the machines make the decisions for us.

A digital drug?

"We're not addicted to technology, we're addicted to each other."

- View the trailer for Ramona Pringle's interactive iPad documentary Avatar Secrets at metronews.ca/avatar — and keep an eye out for more from Pringle on Metro soon.

Social Media Week

- Social Media Week is now an international event with a goal to capture, curate and share ideas, trends and best practices in how technology and social media are impacting business, society and culture. Social Media Week Toronto runs until Friday. For more information, visit socialmediaweek.org/Toronto.

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Lance Armstrong

Judge urged to allow lawsuit

Justice Department lawyers urged a federal judge not to dismiss the government's fraud lawsuit against Lance Armstrong, arguing the U.S. Postal Service was tainted by its sponsorship of his team while he used performance-enhancing drugs to win the Tour de France.

The Postal Service, which insists it didn't know about a team drug regimen that was exposed last year by the U.S. Anti-Doping Agency, is permanently linked to what the government lawyers called "the greatest fraud in the history of professional sports" in court records filed Monday night. THE ASSOCIATED PRESS

NFL

Lions WR fumbles pizza, breaks arm

Two days after a victory that for this franchise was downright historic, the Detroit Lions are facing another dose of adversity.

Receiver Nate Burleson broke his arm in a single-car accident early Tuesday after he reached over to keep two pizza boxes from falling off the front passenger seat, authorities said. Surgery is scheduled for Wednesday.

Burleson was taken to a hospital after his car hit a centre median wall.
THE ASSOCIATED PRESS

NBA

"I apologize. If you see me around town, come give me a hug, give me a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.

Kessel suspended for extra slash on Scott

NHL. Maple Leafs sniper to sit out the rest of pre-season

Toronto Maple Leafs sniper Phil Kessel won't miss any time this regular season for slashing Buffalo tough guy John Scott.

The NHL has suspended Kessel for the final three games of the exhibition season, but the winger will be available when Toronto opens its 2013-14 season against Montreal next Tuesday. As a result of being suspended for only pre-season games, Kessel will also not lose any of his salary.

Kessel's clean record and the fact that Scott was not injured determined the suspension, according to NHL vice-president of player safety Brendan Shanahan, though in the video announcing the suspension, Shanahan pointed to Kessel's slashes against Philadelphia Flyers defenceman Luke Schenn in a previous game as prior evidence of similar behaviour.

The incident came during Sunday's ugly game between the Leafs and Sabers, longtime division rivals. After Buffalo's Corey Tropp was injured in a fight with Toronto's Jamie Devane, Scott attempted to go after Kessel on the next shift.

Kessel slashed Scott twice and gave him a spear and was ejected from the game.

"While we acknowledged that Kessel's initial motivation was self-defence, he persists and swings his stick again even having escaped the immediate threat from Scott," Shanahan said.

The incident sparked a bench-clearing brawl, which resulted in Leafs right-winger David Clarkson being suspended for 10 regular-season games for leaving the bench and Buffalo coach Ron Rolston being fined for "player selection and team conduct."
THE CANADIAN PRESS

Leafs roughed up in Ottawa

While Jonathan Bernier made headlines with his fists Sunday against the Sabres, rival Toronto goalie James Reimer stole the show Tuesday in a losing cause as the Senators beat the Leafs 3-2 in pre-season action.

- The Senators did not dress Jason Spezza, Bobby Ryan or Erik Karlsson as they played the first of three games in three nights.

Phil Kessel was front and centre during a line brawl in Sunday's Leafs-Sabres game at Air Canada Centre. STEVE RUSSELL/TORSTAR NEWS SERVICE

MLS. Cash-strapped Reds can't afford Eckersley

Richard Eckersley TORSTAR NEWS SERVICE

It appears the writing is officially on the wall for Toronto FC fullback Richard Eckersley.

There is no problem with his play. Far from it.

A product of Manchester United's youth system, the 24-year-old English player is a quality defender who can push up the flank. An afternoon playing against the hard-nosed redhead will likely leave a mark.

But Eckersley is simply too expensive under the confines of the MLS salary cap.

His salary was listed at $390,000 US last year and $310,000 this season. The actual number was probably higher, with the club using allocation money to buy it down.

Suffice to say that the current TFC regime did not sign him to the deal.

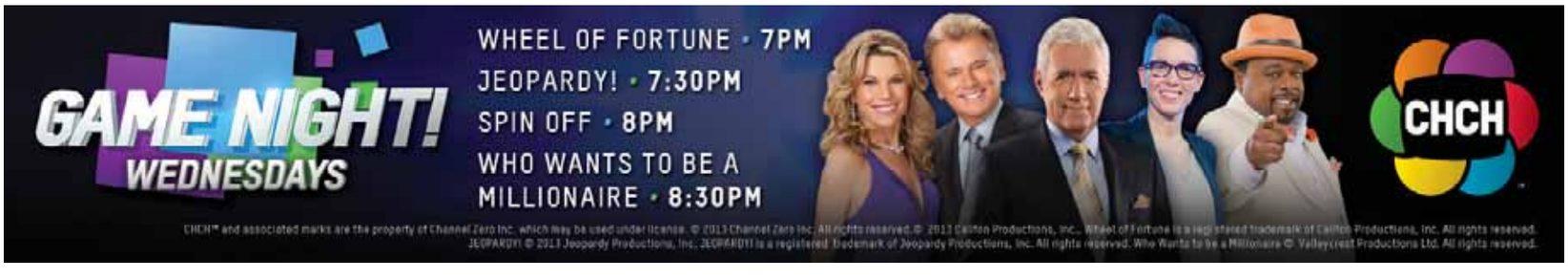
The underachieving MLS team has shed salary this season in a bid to pave the way for new talent. Eckersley is seen as one of the last dominos to fall.

Manager Ryan Nelsen said Eckersley's deal was so big — second only to designated player Danny Koevermans' $1.66 million on Toronto's salary list this season — that renegotiation was out of the question.

"This is not anything to do with Richard, because Richard's a fantastic player. He's a really good player in this league," said Nelsen.

Koevermans' actual hit against the $2.95-million cap is only $368,750 as a designated player. THE CANADIAN PRESS

4 SPORTS



‘We play for October’: Pirates fans pumped

MLB. Supporters flock to team’s store to pick up hats, hoodies, T-shirts celebrating playoff berth

The image is seared into Pirates fan Chad Rowland’s memory forever.

The slightly up-the-line throw from Barry Bonds. The dive to the plate by catcher Mike LaValliere. The textbook slide by Sid Bream. The Pittsburgh Pirates walking off the field in stunned silence after collapsing in the ninth inning of Game 7 of the 1992 NLCS. The Atlanta Braves piling on top of each other in jubilation on their way to the World Series. Even now, 21 years later, it still stings.

The tears were welling again on Monday night, this time for an entirely different reason.

Pirates relief pitcher Jason Grilli and catcher Russell Martin celebrate after Martin tagged the Cubs’ Nate Schierholtz for the final out of Pittsburgh’s 2-1 win on Monday. BRIAN KERSEY/GETTY IMAGES

This time, finally, the Pittsburgh Pirates were on the right side of history.

One of the sport’s most beleaguered franchises is back in the post-season. Pittsburgh clinched a spot in the NL playoffs on Monday night when catcher Russell Martin tagged out Chicago’s Nate Schierholtz at home to end a thrilling 2-1 victory at Wrigley Field.

At a time of year when the Pirates are typically playing out the string and attention in the self-dubbed “City of Champions” turns to the Steelers and the Penguins, the Pirates — yes, the Pirates — are currently the hottest thing going.

“I’ve seen the Penguins win the (Stanley) Cup, I’ve seen the Steelers win the Super Bowl,” Rowland said. “This is the one thing on my list.... I’ve been holding on to it forever.”

THE ASSOCIATED PRESS

Pittsburgh pride

“It’s big for them, it’s big for our community.... It’s just awesome.”

Pittsburgh Steelers coach Mike Tomlin

MLB

O’s playoff hopes doused by DeRosa

The Toronto Blue Jays eliminated Baltimore from the playoff hunt Tuesday night, using two clutch RBI singles by Mark DeRosa to beat the Orioles 3-2 in 10 innings.

Baltimore’s sixth straight loss, combined with Cleveland’s comeback win over the Chicago White Sox, left the Orioles six games behind the Indians for the final wild-card slot with five games left.

DeRosa singled in the tying run in the eighth and put the Blue Jays ahead in the 10th. THE ASSOCIATED PRESS

Orioles slugger Chris Davis reacts to striking out on Tuesday night in Baltimore. GETTY IMAGES

CFL

Argos duo pick up weekly honours

Toronto Argonauts quarterback Zach Collaros was named CFL offensive player of the week Tuesday while teammate Andre Durie picked up the honour for top Canadian.

Montreal Alouettes linebacker Chip Cox was named defensive player of the week and the Hamilton Tiger-Cats’ kicker Brett Lauther picked up the special-teams award. THE CANADIAN PRESS

Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics. The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the games. THE ASSOCIATED PRESS

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Checking out a clean sheet of ice

The 2013-14 NHL season starts on Tuesday night. Here are six storylines worth following:

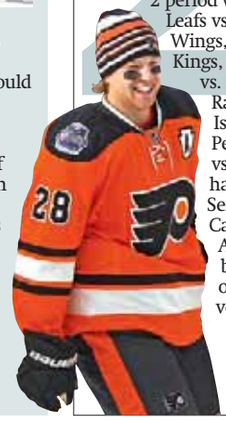
THE CANADIAN PRESS
Photos by Getty Images

Winter Olympics

Speculation on who should make 2014 Olympic squads, especially Canada's, will be rampant through the first half of the season. Players from the 12 countries that qualified for the Games in Sochi, Russia, will certainly have it in mind as they approach the Feb. 9 to 25 Olympic break.

Outdoor inflation

There used to be one outdoor game per season. This year there will be six. It may be overexposure, but the Jan. 1 to March 2 period will see Leafs vs. Red Wings, Ducks vs. Kings, Rangers vs. Devils, Rangers vs. Islanders, Penguins vs. Blackhawks and Senators vs. Canucks. All in baseball or football venues.

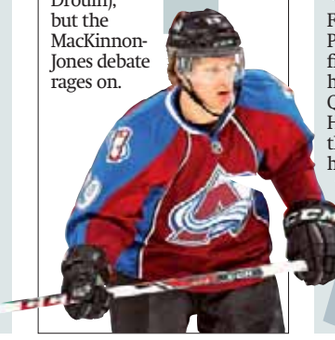


Fisticuffs

Is goon hockey back? It looked like it in some pre-season games, notably Toronto-Buffalo. The Leafs added muscle last year, the Sabres got the hulking John Scott and now even mild-mannered Montreal has signed George Parros. Hard to believe given that after the 2004-05 lockout, it looked like the enforcer was going extinct.

MacKinnon-Jones

The weeks leading up to the 2013 NHL draft were all about Nathan MacKinnon and Seth Jones. MacKinnon went first to Colorado, but Jones waited until fourth to go to Nashville. Two got picked in between (Alexander Barkov and Jonathan Drouin), but the MacKinnon-Jones debate rages on.

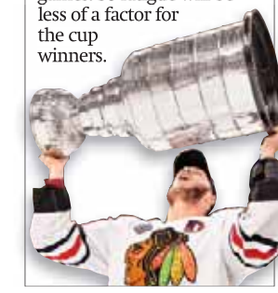


Roy era in Colorado

For the last eight years, Patrick Roy has been a fiery presence as GM and head coach of the junior Quebec Remparts. Now the Hall of Fame goaltender is the coach in Colorado, and has a say in management with old teammate Joe Sakic. With Roy's gusto and lots of young talent, the Avalanche won't go unnoticed.

Stanley Cup repeat?

There hasn't been a repeat Stanley Cup champion since the Red Wings in 1997 and 1998, but if another team does, it could be Chicago. They have the same core of Toews, Kane, Keith, Crawford, etc., as last season, when they played only 48 regular-season games. So fatigue will be less of a factor for the cup winners.



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HONDA

Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Selling prices and payments include freight and PDI (ranges from $1,495 to $1,640 depending on 2013 model and $1,695 on advertised 2014 models), EHF tires ($29), EHF filters ($1), A/C levy ($100 except Civic and Fit DX models), and OMVIC fee ($5). Excludes taxes, license, insurance, and registration. [Ω]Representative bi-weekly lease example: 2013 Civic DX Sedan (Model FB2E2DEX) on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. Bi-weekly payment is $87.40 with $0 down or equivalent trade-in, $0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is $11,362.23. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. [†]Representative bi-weekly finance example: 2013 Civic DX Sedan (Model FB2E2DEX) on an 84 month term with 182 bi-weekly payments at 1.99% APR [including $1,600 Finance incentive and $431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of $16,970. Cost of borrowing is $1,077.28 for a total finance obligation of $16,016.28 with $0 down or equivalent trade-in. [¤]Limited time 0.99% APR lease offers on a new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 // 24 // 36 months. Representative lease example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% lease APR, the monthly payment is $440.70 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $10,576.80. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [^]Receive 0.99% purchase financing on any new 2013 Fit DX (Model GE8G2DEX) // 2013 Civic DX Sedan (Model FB2E2DEX) // 2013 CR-Z // 2013 Accord EX Coupe 6MT (Model CT1A7DJ) // 2013 Accord LX Sedan 6MT (Model CR2E3DE) // 2013 CR-V LX 2WD (Model RM3H3DES) models for a maximum of 36 // 48 // 24 // 48 // 24 // 48 months. Representative finance example: 2013 Accord LX Sedan 6MT (Model CR2E3DE) on a 24 month term at 0.99% APR and complete price of $25,765, the monthly payment is $1,084.65. Cost of borrowing is $266.60 for a total finance obligation of $26,031.60 with $0 down or equivalent trade-in. [§]Limited time 1.99% APR lease offers on a new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 24 // 24 months. Representative lease example: 2014 Odyssey LX (Model RL5H2EE) on a 24 month term at 1.99% lease APR, the monthly payment is $592.44 with $0 down or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $14,218.56. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. [Δ]Receive 1.99% purchase financing on any new 2014 CR-V LX 2WD (Model RM3H3EES) // 2014 Odyssey models for a maximum of 36 // 36 months. Representative finance example: 2014 Odyssey LX (Model RL5H2EE) on a 36 month term at 1.99% APR and complete price of $31,820, the monthly payment is $911.27. Cost of borrowing is $985.72 for a total finance obligation of $32,805.72 with $0 down or equivalent trade-in. *$1,000 // $1,500 // $2,000 // $1,500 // $2,000 // $3,500 // $2,000 // $2,500 // $4,000 // $5,000 // $5,000 customer cash incentive is valid any new 2013 Fit (except DX, model GE8G2DEX) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Accord Coupe (except EX Coupe 6MT, model CTA7DJ) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan, models CR2E3DE, CR3F8DJN and CR3F9DKN) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX 2WD and EX-L 2WD (models TF3H3DJ, TF3H5DJNX) // 2013 Crosstour EX-L 4WD and EX-L 4WD NAVI (models TF2H5DJNX, TF2H5DKNX) // 2013 CR-V (except LX 2WD, model RM3H3DES) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between September 4th and September 30th, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.

2014 Mitsubishi Outlander

ALL PHOTOS WHEELBASEMEDIA.COM

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1 Hyundai Santa Fe
Base price: $26,900

2 Chevrolet Traverse
Base price: $34,900

Review. Easy on gas and your wallet. Could it find a home in your driveway?

MALCOLM GUNN
wheelbasemedia.com

There's a new face at Mitsubishi that should receive more than just a glance. The 2014 Outlander wagon has cleaned up its design act both inside and out for 2014, shedding its dated open-mouth look in the process.

In some respects, the largest vehicle in Mitsubishi's thinned-out fleet appears more like the second-gen edition that served the automaker for the 2007-'09 model years. The styling is much more contemporary, making the Outlander appear just as attractive from the rear as from the front. The 2014 edition still shares the previous Outlander's platform and basic dimensions — length, width and distance between the front and rear wheels — equating to nearly identical space for passengers and cargo as before. However the competition in this bracket is a tad roomier and it's a squeeze when accessing the optional third-row bench of the Outlander.

Regardless of seat assignment, all passengers will be treated to an improved environment. Mitsubishi has upgraded the seats, door panels and dashboard and added more cabin insulation for a quieter ride. As well, the split-folding second and available third rows have been redesigned to fold more easily. Overall, the Outlander has shed some 90 kilograms, which should be a boon to performance. The standard powerplant is a 2.4-litre four-cylinder that produces 166 horsepower and 162 pound-feet of torque. That's down slightly from before, but with the weight reduction it won't be noticed.

The four-cylinder is standard with the ES, while SE and GT S-AWC trims are fitted with a 3.0-litre V6 that delivers 224 horsepower and 215 pound-feet of torque. That's a drop of 15 horses, but it's dead even in torque. For reference, competing five and seven-passenger wagons have more output, and in some cases significantly more. The 2.4 is hitched to a continuously variable transmission that has been adjusted to more closely mimic a traditional multi-speed automatic, especially when accelerating from a stop. Meanwhile, the V6 has exclusive use of a six-speed automatic that has been updated for improved fuel economy.

Mitsubishi's "Super All-Wheel Control" (code for all-wheel drive) can be ordered with four-cylinder Outlanders, but is standard with the V6-equipped SE and GT. By mid-2014, Mitsubishi will introduce the Outlander PHEV (Plug-in Hybrid Electric Vehicle) with full-time all-wheel-drive.

With a starting price, including destination charges, of $27,700, the Outlander arrives with the usual basic kit. The SE model adds dual-zone climate control, rearview camera, push-button start and heated front seats. The GT S entices with a premium interior, audio package and bright xenon headlamps. From that point the load factor can be increased with option packages containing heated leather-covered seats, power sunroof to name a few features. Other than providing room for as many as seven people, the Outlander's strengths might not be readily apparent until you consider its attractive refresh, content improvements and the appealing price tag. It's then that Mitsubishi's flagship wagon starts to make sense.

2014 Mitsubishi Outlander

- **Type.** Four-door, front/all-wheel-drive wagon
- **Engines (hp).** 2.4-litre SOHC I4 (166); 3.0-litre SOHC V6 (224)
- **Transmissions.** Continuously variable; six-speed automatic (V6)
- **Base price (ind. destination)** $27,700

Safety

There's a host of available crash-avoiding electronic safety systems designed to keep you in your proper lane, alert you to approaching vehicles from adjacent lanes and help you maintain a safe distance from vehicles directly in front.

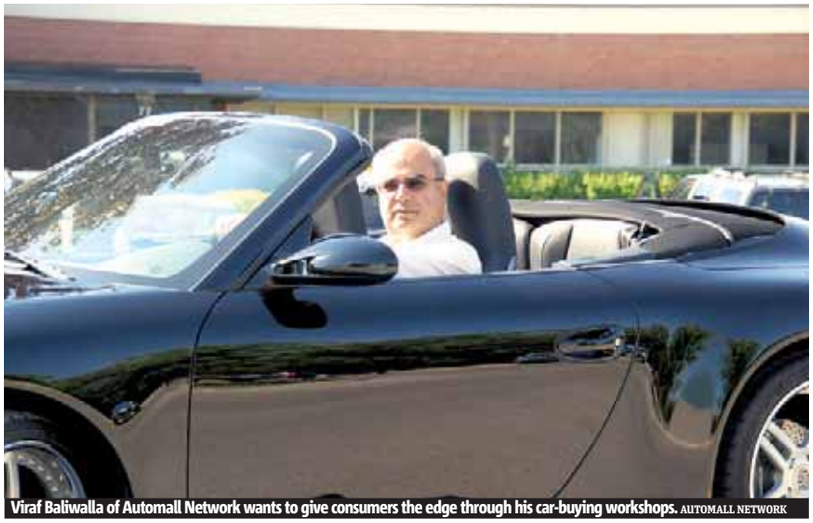
Fuel Economy

The four-cylinder engine rates 8.2 l/100 km in the city and 6.3 on the highway (down from 9.0/7.0). The V6 improves to 10.1/7.1 from 10.9/7.8. A driver-controlled "Eco" setting cuts some of the engine power and A/C functionality for further gains, however slight they might be.

Be top of the class and learn to haggle like a professional

Autopilot. Consumer advocate Viraf Baliwalla has created the first workshop in car buying, allowing you to be one step ahead of the dealers

AUTO PILOT
Mike Goetz
drive@metronews.ca



Viraf Baliwalla of Automall Network wants to give consumers the edge through his car-buying workshops. AUTOMALL NETWORK

New research suggests that some car buyers will negotiate better if they get all sweaty first. This is not about potentially using body odour and/or unsightly pit stains to force car sellers to cave in early during the negotiation process.

According to the MIT researchers, it's all about how "physiological arousal" — expressed as an increased heart rate and body sweat induced by running or fast walking just before a negotiation experience — can make some people perform better when it comes to hammering out the deal.

Unfortunately it just seems to work for people who look forward to negotiation. The arousal makes them feel "revved up" for the competition.

For research participants who dreaded negotiating, "arousal" had the opposite effect. Increased heart rate and sweaty palms only increased their nervousness, and they almost always reported being bummed out about their subsequent negotiation experiences.

So the folk wisdom to always go into these situations "cool as a cucumber" may have to be revisited, especially if you like to haggle.

Of course, there is another big tool you can leverage to get a better deal on a car — just learn how do to it properly.

One place you're not going to learn how to do it is in the dealership, when you're in the middle of negotiations, says Viraf Baliwalla, a consumer advocate and president of Automall Network, a vehicle buying agency.

"It is not the salesperson's job to educate the buyer, it is their job to try and sell you a car," says Baliwalla.

He notes another reason not to look to your salesperson as your confidant: "The auto industry has conditioned us to buy in a certain way … a way that favours the auto industry."

He says this is not "dealer bashing," only telling consumers the reality of the marketplace, where they need to be as prepared as the person is sitting across from them at the negotiation table.

To this end, he has created one of the first workshops in the country on car buying. The first one will be held this Saturday at the Kitchener-Waterloo campus of Conestoga College in Ontario (Course Code GINTO292 Car Buying — Saving You Money).

Followup workshops at Conestoga are planned for November and January, and in Toronto for the 2014 winter term.

An online version of the workshop is planned to be available to all consumers across North America sometime in the New Year.

The course will cover the tips and tricks of the auto trade, the process they will experience at the dealership and some number crunching too.

As an example, he notes how consumers typically choose a zero per cent financing option over a cash purchase rebate, even though in some cases they would save thousands by getting their own car loan at their bank at the going interest rate, and grabbing that big cash incentive. It's all in the numbers.

Knowledge sounds like a better tool in the long run than relying on a fast heart rate and a bit of sweat to swing the negotiation in your favour, but it's your call.

Mud and wood: The simple basis of modern car design

Driving force. Advanced computers may take over the latter stages, but most of today's car ideas start as lumber and clay

JIL MCINTOSH
drive@metronews.ca

Making a clay model helps designers finalize their measurements, among other things. PHOTO COURTESY OF BMW

How does a car come to be? Many of us picture a designer sketching a vehicle on a napkin in a moment of inspiration, and that's what makes it to the showroom a little while later. In reality, cars are created by teams of designers, some of whom work specifically on tiny details, and it can take three years or more.

"Design is not a linear process," says Adrian Van Hooydonk, senior vice-president of BMW Group Design. "We always do a design competition, meaning that I brief the design team, and the designers do lots of sketches. I look through them with my design managers, I select the most promising ones, and then together with the board of management, we select the exterior and interior designs that will lead the company into the future."

Many designs do actually start with a pencil sketch, but the bulk of the work is done with CAD (computer-aided design), which lets designers work on a virtual three-dimensional model. Eventually, many vehicles are also rendered in clay: the team builds a wooden frame and covers it with modelling clay to create a full-size version.

It's the final touch of realism that the computer can't create, and gives the designers an opportunity to check the vehicle's proportions and how it looks from all angles. If something isn't right, excess clay can be scraped away, or more clay added to change the lines.

While a group of designers is working on the exterior, another team is crafting the interior, which also usually starts with pencil sketches and CAD programs. It's also common to make clay models of the inside, so that designers and engineers can actually reach for door handles, hold the steering wheel, or determine the best placement for switches and controls.

"We have an ergonomic department for the best possible arrangements of switches and displays," Van Hooydonk says.

"We have screens in the car, so we will need fewer switches, but there is more information coming in. Our task is to manage that, so that in future, complex vehicles will be easier again."

Hand-built concept cars for the auto show circuit can use all sorts of futuristic designs and materials, but when designers create production vehicles, the teams must work closely together to ensure that the vehicle has enough interior space, will meet safety standards and can be stamped out and assembled on a production line.

Doug R. and his son **Mark R.**
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Suzanne S. and her father **Bruce H.**
Ford Owner - 4 Years Ford Owner - 20 Years

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Platinum 4X4 model shown

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. †Ford Employee Pricing ("Employee Pricing") is available from July 3, 2013 to September 30, 2013 (the "Program Period"), on the purchase or lease of most new 2013/2014 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, Medium Trucks, Mustang Shelby GT500 and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFP, Daily Rental Allowance and AX/Z/D/F-Plan programs. *Until September 30, 2013, purchase a new 2013 Ford Focus S/Escape S/ F-150 STX SuperCab 4x2/ F-150 SuperCrew Platinum 4x4 5.0L (or $[$16,779/$22,204/$23,298/$48,080] after total Ford Employee Price adjustment of [$870/$995/$9,051/$14,739]) is deducted. Total Ford Employee Price adjustment is a combination of Employee Price Adjustment of [$620/$995/$2,301/$7,489] and delivery allowance of [$250/$0/$6,750/$7,250]. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight, air tax, and PPSA (if financed or leased) but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Prices. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. **Until September 30, 2013, receive 1.99% APR purchase financing on new 2013 Focus S and 4.99% APR purchase financing on new 2013 Escape S models for up to 84 months. Purchase financing offered through Ford Credit. Monthly payment is [$99/$145/$399] bi-weekly/monthly for [84/84/36] months with [$0] down payment, monthly payment is [$24/$34] for every $1,000 financed. Total obligation is [$8,316/$12,180/$14,364]. Cost of borrowing is [$1,178/$4,116] or APR of [1.99%/4.99%] and total to be repaid is [$18,018/$26,390]. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees where applicable, excess wear and tear, and late fees. Some conditions may affect qualification. Offers may change or end without notice. See dealer for complete details. ***Until September 30, 2013, lease a new 2013 F-150 Super Crew XLT 4x4 model for up to 36 months and get 2.99% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above model with a value of $30,910 at 2.99% APR for up to 36 months with [$350] down or equivalent trade in, monthly payment is [$398], total lease obligation is [$14,678], optional buyout is [$18,438]. Cost of leasing is [$2,196]. Offer includes $11,939 in Total Price Adjustments. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of [$4,689] and delivery allowance of [$7,250]. Taxes payable on full amount of lease financing price after any price adjustment is deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees where applicable, excess wear and tear, and late fees. Some conditions may affect qualification. Offers may change or end without notice. See dealer for complete details. ‡Based on Ford Canada's 2012 full-line pickup segment sales. ‡‡Based on Costco members receiving $1,000 off the purchase or lease of most new 2013/2014 Ford vehicles (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV, Medium Truck and Lincoln) (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000 Offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ‡ T-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, Channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Watch for hard shifting on this Regal

Second gear.
2011-2013
Buick Regal

JUSTIN PRITCHARD
drive@metronews.ca

Some seven years after the moniker was last ditched, Buick brought back the Regal nameplate to inject some sporty and youthful flare into their product lineup with the goal of attracting a younger shopper to the brand.

With European underpinnings, a long list of safety features, sporty suspension tuning and a high-efficiency four-cylinder engine, the Regal had the right stuff for the job. A fresh new cabin helped round out the package. Feature content included navigation, a potent Harman Kardon stereo system upgrade, heated leather, xenon lights, automatic climate control, full multimedia connectivity, Bluetooth and plenty more.

Common issues

Note that virtually any Regal you might be considering will still carry some portion of the brand's extensive powertrain warranty—though a few checks are advised. Be double sure to have the computer system of any Regal with the eAssist system scanned for warnings. Though sales volumes of this new powertrain option are too low to nail down any sort of reliability data just yet, a computer scan can help uncover any potential issues. Drivability-related issues like poor or sporadic performance, hard gear changes and jerky performance can likely be fixed by a reprogramming of the Regal's powertrain control modules. Numerous owners have reported issues with the volume control on the upgraded stereo system. Finally, any model exhibiting a rough idle should be checked out by a GM-trained mechanic for potential sensor and fuel-pump issues.

CONTRIBUTED

What owners like

Highly rated by owners are the Regal's handling, ride quality, performance with the turbo engine, noise levels, seats and overall responsiveness. The luxurious cabin appointments, stereo system and powertrain refinement were also rated highly.

What owners dislike

Some owner wish for easier entry and exit, which is likely a function of the shape of the Regal's sloped roof. Rear space isn't friendly for larger adults, and performance from the non-turbo engine is rated as merely adequate

Engine

Depending on the year in question, look for Regal with a 2.4 litre, direct-injected four-cylinder engine, or a 2-litre turbo unit making 220 or 270 horsepower depending on the model. Six-speed transmissions were available as was an 'eAssist' light hybrid powerplant.

The verdict

If the Regal models you're test-driving don't exhibit any of the issues mentioned above, opt for the lowest-mileage unit you can afford to maximize the protection of the powertrain warranty. Seek out a model with full service records and one that's been treated to regular fluid changes.

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1.6 SL Tech model shown

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3.5 SL model shown

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OFFERS END SEPTEMBER 30TH

1.8 SR model shown

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≠Finance offers are now available on new 2014 Versa Note 1.6 S MT (B5RG54 AA 00), manual transmission/2013 Sentra 1.8 S (C4LG53 AA 00), manual transmission. Selling Price is $13,699/$15,949 financed at 0.9%/0% AP R equals 182 bi-weekly/182 bi-weekly payments of $78/$88 for an 84/84 month term. $0/$0 down payment required. Cost of borrowing is $441.36/$0 for a total obligation of $14,140/$15,949. $500/$1,250 NC F Finance Cash included in advertised price, applicable only on 2013 Sentra (C4LG53 AA 00/C4LG53 BK00)/Versa Note 1.6 S MT (B5RG54 AA 00/B5RG14 AE00) on finance purchases through subvented loan contracts only through Nissan Canada Finance. This offer cannot be combined with any other offer. Conditions apply. ‡$4,000 cash discount is valid on the new 2013 Nissan Altima Sedan 2.5 (T4LG13 AA 00/AA 10) and 2013 Altima Sedan 2.5 S (T4RG13 AA00/AA10)/‡13,000 cash discount is valid on all 2013 Titan models except the Titan 4X2 King Cab S SWB (1KAG 73 AA 00) when registered and delivered between September 4th, 2013 and September 30th, 2013. The cash discount is only available on the cash purchase, and will be deducted from the negotiated selling price before taxes and cannot be combined with special lease or finance rates. This offer cannot be combined with any other offer. Conditions apply. D$13,699/$21,527/$15,949 Selling price for a new 2014 Versa Note 1.6 S MT (B5RG54 AA 00), manual transmission/2013 Altima Sedan 2.5 (T4LG13 AA 00), CVT transmission/2013 Sentra 1.8 S (C4LG53 AA 00), manual transmission. $500/$1,250 NC F Finance Cash included in advertised price, applicable only on 2013 Sentra (C4LG53 AA 00/C4LG53 BK00)/Versa Note 1.6 S MT (B5RG54 AA 00/B5RG14 AE00) on finance purchases through subvented loan contracts only through Nissan Canada Finance. This offer cannot be combined with any other offer. Conditions apply. ÐModels shown $20,719/$24,427/$21,649 Selling Price for a new 2014 Versa Note 1.6 S SL (B5TG14 NA 00), Xtronic CVT® transmission/2013 Altima Sedan 3.5 SL (T4SG13 AA 00), CVT transmission/2013 Sentra 1.8 SR (C4RG13 RT00), CVT transmission. ≠ÐDFreight and PDE charges ($1,567/$1,695/$1,567), air-conditioning levy ($100) where applicable, certain fees (ON : $5 OM VIC fee and $29 tire stewardship fee), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Finance and lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Offers valid between September 4, 2013 and September 30, 2013. ∞Fuel economy from competitive intermediate/compact 2013 internal combustion engine models sourced from Autodata on 13-12-2012. Hybrids and diesels excluded. 2013 Sentra/Altima fuel economy tested by Nissan Motor Company Limited. Sentra: CVT transmission (4.9L/100 KM HWY/6.6L/100 KM CI TY/5.8L/100 KM COM BIN ED), manual transmission (5.5L/100 KM HWY/7.5L/100 KM CI TY/6.6L/100 KM COM BIN ED), CVT model shown. Altima: 2.5L engine (7.4L/100 KM CI TY/5.0L/100 KM HWY), 3.5L (9.3L/100 KM CI TY/6.4L/100 KM HWY). 3.5L shown. Actual mileage will vary with driving conditions. Use for comparison purposes only. †Association of International Automobile Manufacturers of Canada (AIAMC) Entry Level Segmentation. MY14 Versa Note v. MY13/14 competitors. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2013 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

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2013 Dodge Journey R/T AWD shown.§

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▫Based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. See retailer for additional EnerGuide details. 2013 Dodge Journey 2.4 L with 4-speed automatic – Hwy: 7.7 L/100 km (37 MPG) and City: 11.2 L/100 km (25 MPG). Wise customers read the fine print: €, ◊, •, *, ♦, § The All Out Clearout Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 4, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595 – $1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €$5,625 in Total Discounts are available on the new 2013 Dodge Journey R/T model and consist of $2,000 Consumer Cash Discount and $3,625 in Ultimate Journey Package Savings. See your retailer for complete details. ◊Ultimate Journey Package Discounts available at participating retailers on the purchase/lease of a new 2013 Dodge Journey R/T with Ultimate Journey Package (JCES49 28X with AGV, AV1, AS4, GWG). Discount consists of: $2,500 in Bonus Cash that will be deducted from the negotiated price after taxes; and (ii) $1,125 in no-cost options that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. •$19,995 Purchase Price applies to the new 2013 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Examples: 2013 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995 leased at 4.99% over 60 months with $4,649 down payment, equals 130 bi-weekly payments of $99 with a cost of borrowing of $3,245.60 and a total obligation of $14,589.90. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. §2013 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: $31,640. ^Based on 2013 *Ward's* Middle Cross Utility segmentation. ✤Real Deals. Real Time. Use your mobile device to build and price any model. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

Parts Department

WHEELBASE MEDIA

McQueen's jacket

More than three decades after his death from cancer at the young age of 50, actor Steve McQueen is still referred to as The King of Cool. A big part of what made the man such an icon were the cars he drove and the clothes he wore in such movies as Bullitt and Le Mans. Now, Porsche Design — an offshoot of the Germany-based sports-car maker — has created a vintage-style polyester racing jacket that features McQueen's signature and logo stitched on the front and on the inside lining. A Porsche logo is on the back. Jackets are available in blue only in sizes small through 3XL. Order yours for $500 directly from the Porsche Design at shop1.porsche.com/usa.

Vital vehicle vacuum

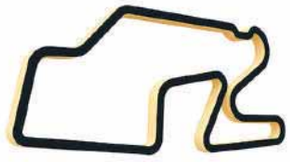
The idea of dragging a corded vacuum through an ocean of water after washing the car should make you think twice. A cordless vacuum would be great, but they just don't have the same grunt and the batteries don't last, right? The Dyson DC34 portable, on the other hand, is perhaps the next best thing to a corded vac. Using the company's patented Root Cyclone technology, the DC34 really performs, while the lithium-ion battery pack provides 15 minutes of power on "high" and six minutes on "MAX" for tougher jobs. The DC34 weighs in at less than three pounds and can be a little tough to maneuver in tight places due to its size, but because it's a handheld, there's no hose chaffing door-sill edges and trim while you work. You can read more and order yours for $199 at dyson.com.

Keep your edibles iced

Most people don't consider the kind of coolers they're packing when camping or picnicking. They load in some ice and hope its contents stay chilled for a few hours before adding more frozen H2O. But Pelican Products' line of heavy-duty Elite Coolers will retain water in its solid state for between seven to 10 days, thanks to two inches of thermal insulation surrounding the storage area and a freezer-grade gasket between the lid and the box. The latches on all their models are also of the heavy-duty variety, as are the handles and other hardware, which is why all Pelican Elite coolers are guaranteed for life. They're available in a wide variety of sizes, from 35-250 quarts, with prices starting at about $250 from various online suppliers. Get all the product details from-pelican.com.

Keep on track

If you or someone you know is a big race fan, he or she likely has a favorite track or two, whether close to home, in another part of the country or at the opposite end of the globe. The Linear Edge offers visual representations of various Formula One, NASCAR and American LeMans racing venues in addition to a number of motorcycle tracks. Each is produced using Baltic birch over a laminated plywood base, then precision cut to a specific design. These works or art make interesting conversation pieces and would actually look really cool hung on a wall in a den or garage using the special Velcro mounting strips that are supplied. Prices range from $140-$185, depending on the track (Watkin's Glen, N.Y., pictured). Check out the entire inventory at linearedge.com.



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2010 Honda Civic DXG Stk # 43669A 89,000km ~~Was: $13,888~~ Now: $10,950	2007 Dodge Caravan Stk # 5673PA 124,000km ~~Was: $9,500~~ Now: $6,900	2006 Honda Civic DXG Stk # 44016EA 130,000km ~~Was: $10,995~~ Now: $8,500	2007 Toyota Yaris Stk # 44008EA 104,000km ~~Was: $10,995~~ Now: $8,500

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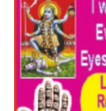

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Horoscopes

♈ Aries
March 21 - April 20
Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll be out of mind as well.

♉ Taurus
April 21 - May 21
The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

♊ Gemini
May 22 - June 21
You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

♋ Cancer
June 22 - July 23
Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities your way but you may miss them if your mind is stuck on trivia.

♌ Leo
July 24 - Aug. 23
Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

♍ Virgo
Aug. 24 - Sept. 23
You give people the benefit of the doubt but there could be problems if you trust too easily today. If you are asked to give your blessing to a project, demand to know more first.

♎ Libra
Sept. 24 - Oct. 23
The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

♏ Scorpio
Oct. 24 - Nov. 22
Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would be wise to recognize that.

♐ Sagittarius
Nov. 23 - Dec. 21
No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

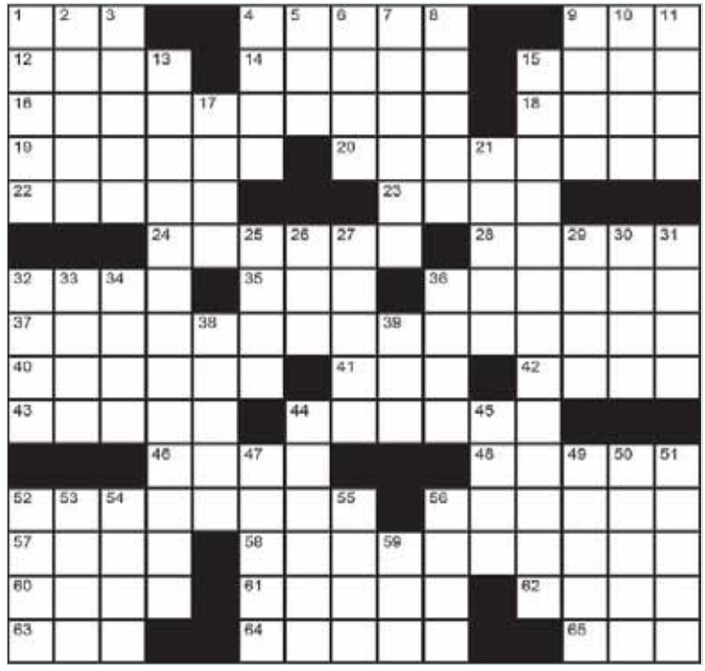
♑ Capricorn
Dec. 22 - Jan. 20
You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

♒ Aquarius
Jan. 21 - Feb. 19
A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

♓ Pisces
Feb. 20 - March 20
Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



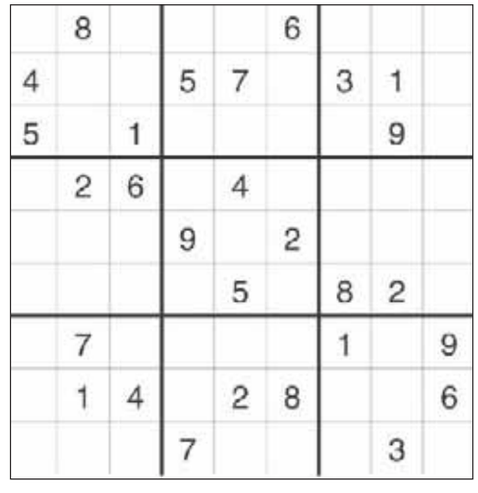
Across
1. Noise, for short
4. Minestrone, and others
9. Fancy affairs
12. Ode, for one
14. Actress Ms. Raymonde
15. American state
16. Canadian comedian hosting new trivia game show "Spin Off": 2 wds.
18. Hairstyling hues
19. BC's __ Valley
20. Canadian current events magazine
22. British explorer-in-Canada Mr. Hudson
23. Canadian figure skater Patrick
24. Nova Scotia's provincial bird
28. Particulars
32. Hail _ __ (Taxi!)
35. L'Isle-__-Coudres, Quebec
36. Pot holder
37. Make the history books by winning a race in what?: 3 wds.
40. Arctic-set silent documentary film of 1922, "__ of the North"
41. Iron's partner
42. Original matter, in Cosmology
43. Plods along
44. Aim
46. Wild cherry
48. "Pardon me..." [pl.]
52. Updated versions
56. Be inconspicuous: 2 wds.
57. Joanie's portrayer
58. Be a Member of Parliament, for instance: 2 wds.
60. PBS culinary show, "Simply __"
61. Linda of "Dynasty"
62. Marijuana puff
63. Positive response
64. French painter Edgar (b.1834 - d.1917)
65. Kitchen meas.

Down
1. Canadian rapper, __ K
2. __ prosequi (Not proceeding, in law)
3. Canadian broadcaster Mr. Soltendieck
4. Comic books legend Mr. Lee
5. Katharine Hepburn's tree
6. E pluribus __ (Out of Many, One)
7. High†seas robbery
8. Louis Armstrong nickname, Ambassador __
9. ELO hit: 2 wds.
10. Actor Mr. Wilson
11. Canadian singer Ms. Jordan
13. Twitter = __ site
15. 21st-century crime: 2 wds.
17. Mr. Romano's
21. Scottish landowner
25. City's green area
26. Ms. McClanahan
27. Former prisoner, commonly
29. Santana's "__ Ways"
30. Same: French
31. Base
32. Grass appendages
33. "__ Miner's Daughter" (1980)
34. River of Florence
36. Maple, for one
38. Amounts of medicine
39. Food fragment
44. Struck by Cupid's arrow: 2 wds.
45. Newbie
47. Sounded satisfied
49. Silas Marner author, George __
50. Razzes
51. Tidy the floor
52. Winnipeg-born singer Mr. Shand
53. Fort __, Ontario
54. Wines: French
55. Smelting waste
56. Deprivation
59. Genetic letters

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Today 21°/8° Sunny
Thursday 18°/10° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Rio4 SX with Navigation shown△

2013 RIO 4-DOOR

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

WAS ~~$87~~

EXISTING DISCOUNT
$900
LOAN SAVINGS

UPGRADE BONUS $500¥

NOW $79≠ BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, **$900 LOAN SAVINGS and $500 UPGRADE BONUS¥**. Offer based on 2013 Rio 4-door LX MT with a purchase price of **$15,783**.

Optima Hybrid Premium shown△

2013 OPTIMA HYBRID

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.4L/100KM

WAS ~~$31,983~~

EXISTING DISCOUNT
$6,600
CASH SAVINGS

UPGRADE BONUS $1,000¥

NOW $24,383

Offer includes delivery, destination, fees, **$5,600 CASH SAVINGS, $1,000 ECO-CREDIT and $1,000 UPGRADE BONUS¥**. Offer based on 2013 Optima Hybrid Base with a purchase price of **$31,983**.

Sportage SX shown△

2013 SPORTAGE

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM
AVAILABLE ALL-WHEEL DRIVE

WAS ~~$133~~

EXISTING DISCOUNT
$1,000
LOAN SAVINGS

UPGRADE BONUS $750¥

NOW $123≠ BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, **$1,000 LOAN SAVINGS** and **$750 UPGRADE BONUS¥**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of **$24,178**.

Rondo EX Luxury shown△

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM
7 PASSENGER SEATING AVAILABLE

WAS ~~$131~~

INCLUDES

UPGRADE BONUS $1,000¥

NOW $126≠ BI-WEEKLY

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$1,000 UPGRADE BONUS¥**. Offer based on 2014 Rondo LX MT with a purchase price of **$23,893**.

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The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by September 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes, variable dealer administration fees (up to $399) and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Bi-weekly finance payment O.A.C. for new 2013 Rio4 LX MT (RO541D)/2014 Rondo LX MT (RN65IE)/2013 Sportage 2.4L LX MT FWD (SP52ID) based on a selling price of $15,783/$23,893/$24,178 is $79/$126/$123 with an APR of 0% for 60/84/60 months, amortized over an 84-month period. Offer includes loan savings of $900/$0/$1,000. Estimated remaining principal balance of $4,109/$0/$6,408 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ≠Cash purchase price for 2013 Optima Hybrid Base (OP74AD) is $24,383 and includes savings of $6,600 and an upgrade bonus of $1,000 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Savings of $6,600 is made up of $5,600 cash savings and a $1,000 Eco-Credit. Retailer may sell for less. ¥Upgrade Bonus of $500/$1,000/$1,000/$750 is available on all cash, finance and lease offers of new 2013 Rio4 LX MT (RO541D)/2013 Optima Hybrid Base (OP74AD)/2014 Rondo LX MT (RN65IE)/2013 Sportage 2.4L LX MT FWD (SP52ID) from a participating dealer between September 20-30, 2013, and is deducted from the selling price before taxes. Customers will receive a cheque in the amount of $500-$1,000 (excluding taxes) or can apply it to the selling/lease price before taxes. See your dealer for complete details. △Model shown Manufacturer Suggested Retail Price for 2013 Rio4 SX with Navigation AT (RO749D)/2013 Optima Hybrid Premium (OP74BC)/2014 Rondo EX Luxury (RN756E)/2013 Sportage 2.0T SX Navigation (SP759D) is $23,450/$37,550/$32,195/$39,145. ^Highway/city fuel consumption is based on the 2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Optima Hybrid 2.4L 4-cyl (A/T)/2014 Rondo 2.0L GDI 4-cyl (M/T)/2013 Sportage 2.4L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.